Introducing PointCast: Your 1km Weather

BLUNT GETS PHYSICAL

ACTRESS DESCRIBES HOW CHOPPING WOOD WAS MORE CHALLENGING THAN SHOOTING A GUN IN THE NEW ACTION THRILLER LOOPER PAGE 20

OTTAWA metro®

Tuesday, September 25, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

HEARTFELT HULKS

Dressed as The Hulk and She Hulk, Armand and Jennifer Paquette celebrate after rappelling the 18-storey National Ottawa Hotel & Suites to raise money during the Easter Seals Drop Zone. More coverage, pages 4-5.

GRAHAM LANKTREE/METRO

Job loss less severe in Ottawa?

Out of town.
Two-thirds of cuts to the federal public service seem to be taking place elsewhere across the country

Cuts to the federal public service appear to be occurring mostly outside Ottawa — which is the opposite of what the government suggested it would do when it first announced the job reductions.

The vast majority of those federal job cuts, two-thirds of them, appear to be taking place elsewhere across Canada.

The Flaherty budget, tabled last March, forecast 19,200 jobs eliminated and it promised that a heavy burden would be shouldered by the national-capital region.

"A large proportion of full-time-equivalent reductions will occur in the National Capital Region," said the budget document. "The regional distribution of employment in the federal public service will be largely unaffected by the implementation of the departmental spending reductions."

But the regional distribution has inflicted most of the pain outside Ottawa, based on the notices sent so far to over 18,000 federal public servants that they could lose their jobs.

According to statistics compiled by the federal public-sector union, the Public Service Alliance of Canada, just 35 per cent of those notices have gone out in the national-capital region. Sixty-five per cent have gone out elsewhere in the country.

Fourteen per cent of the notices have gone to employees in Ontario, 13 per cent were issued in Quebec, 12 per cent went to the Prairies and Atlantic Canada received 10 per cent.

Calls to the office of Finance Minister Jim Flaherty were referred to the Treasury Board, which did not respond to a request for comment from The Canadian Press.

THE CANADIAN PRESS

© 2012 Microsoft Corporation

PointCast™ is your own personal forecast. Providing weather information for as close as 1km from where you are, or where you need to be.

Visit theweathernetwork.com or download the app.

The Weather Network

PERSONAL SUPPORT WORKER

DIPLOMA PROGRAM:

Get Trained, Get Hired!

Program Objective
This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities
Graduates can find employment within:

- Long-Term Care Facilities
- Retirement Homes/Residences
- Group Homes
- Hospitals
- Agencies providing Homecare Service

Total Course Fees
$5942

CLASSES STARTING:

FULL TIME MORNING CLASS
OCTOBER 8

FULL TIME EVENING CLASSES
OCTOBER 29
JANUARY 8, 2013

OTHER DIPLOMA PROGRAMS INCLUDE:

Accounting and Payroll Administrator
Fitness and Health Promotion
Legal Assistant • Medical Office Assistant
Paralegal • Paralegal Part-time
Pharmacy Technician • Travel Counsellor On-line

CALL TODAY!

ALGONQUIN CAREERS ACADEMY

CANADIAN OWNED AND OPERATED SINCE 1981

1830 Bank Street 613-722-7811 www.algonquinacademy.com

Watson backs casino but hedges bets

Mayor Jim Watson argues the Casino du Lac-Leamy is collecting millions of dollars in revenue from Ontario residents that an Ottawa casino could "repatriate." CONTRIBUTED

Mayor Jim Watson wants city council to pass a motion signaling interest in a new casino for Ottawa.

Watson signalled his own interest in the possibility via Twitter Monday afternoon.

The matter will come before the city's finance and economic development committee (FEDCO) on Oct. 2 before going to a council vote on Oct. 10.

Watson stressed expressing interest is not the same as approving — even if council votes in favour of the motion on Oct. 10, it will still have final say after the Ontario Lottery and Gaming Commission brings forward a proposal.

"All we're saying is, in principle please consider us for a gaming facility," said Watson on Monday.

Watson argued Ottawa is "sending millions" to the Gatineau casino, and should try to "repatriate" the money.

He'd like to see that potential money split into two pots for the city: one dedicated to infrastructure, the other to economic development.

Asked whether the city should devote any potential revenue to resources for problem gamblers, Watson said that is a provincial matter.

"Yes, if there's a new gaming facility in Ottawa, there's going to be a need for additional support for those people with problem gambling habits," said Watson.

"We've been assured that you would see an increase in that funding from the provincial government."

The public can weigh in on the issue at the Oct. 2 meeting of FEDCO.

ALEX BOUTILIER/METRO

Cop's alleged assault a crime of 'power, domination': Crown

Footage. Sgt. Steven Desjourdy was charged after a surveillance video shows a woman being stripped in a police cellblock

JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa cop accused of sexually assaulting a prisoner in a cellblock committed a crime of "power, domination, violence and aggression," a prosecutor told a judge Monday.

The Ontario Special Investigations Unit charged Sgt. Steven Desjourdy in 2011 after reviewing Sept. 6, 2008, surveillance footage of a police cellblock intake in which he cut a woman's shirt and bra with a pair of scissors. The woman was arrested for public intoxication.

"The manner in which it was removed was excessive and it was sexually humiliating," said Crown prosecutor Chris Webb in an opening statement.

Desjourdy has pleaded not guilty to the charge of sexual assault which is before the court.

The woman's identity is protected by a publication ban. The woman was in court Monday morning, but Web said he will not ask her to testify.

The first witness to take the stand in the case, Const. Jennifer Biondi, told court she was dispatched to the Rideau Street and Cumberland Street area at 5:46 a.m. on Sept. 6, 2008. She said she conducted a roadside search of the woman before she was brought to the cellblock.

In her testimony she said the woman was being belligerent and unco-operative with police.

The woman was later charged with assaulting police, but those charges were stayed.

Ottawa Police Association president Matt Skof listened to testimony Monday and is providing moral support for Desjourdy during the trial.

He said the matter should not have been brought to trial and he is anxious to get it over with.

Sgt. Steven Desjourdy leaves the Ottawa courthouse Monday. JOE LOFARO/METRO

"This is our profession, this is what we do," he said when asked about the surveillance footage. "We do it clinically, we do it professionally.

"We have to deal with people who don't want to be in the cellblock."

More to come.

1NEWS

Mobile news

Qriket

Have we found the next generation of Jedi Padawans? Scan the code to watch how two parents use the theme song from Star Wars to soothe a crying baby

Love to Decorate?
Want to own your own business?
Decorating Den Interiors is expanding in Ottawa. We want you to be part of this exciting opportunity. Home based, or commercial office based, your choice.
Passion for decorating is all you need, we teach you the rest!
Contact us today!
Decorating Den INTERIORS
1-800-263-0242
www.decoratingden.com

For every woman, I'm running for you.

Cheryl Hickey
Host
Entertainment Tonight Canada

Join us on **Sunday, September 30.**

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Make a donation and select a gift from the
CIBC Pink Collection™

Visit cibc.com/runforthecure
Like us on facebook.com/cibccommunitymatters
and follow us on Twitter @CIBCCommunity

TWEET THE RUN

And you could WIN!*
50,000
Aeroplan® Miles
aeroplan

#CIBCRunforthecure
Contest ends on
RUN DAY
Sunday, September 30

Canadian Breast Cancer Foundation ™

CIBC FOR WHAT MATTERS.

*No purchase necessary. Contest runs Sept 24/12 at 6:00:00am ET - Sept 30/12 at 11:59:59pm ET. Open to legal residents of Canada (excluding Quebec) who are age of majority. To enter, send a Tweet with the hashtag #CIBCRunforthecure. Limit 1 entry per day. 1 Prize of 50,000 Aeroplan® Miles available (ARV: depends on redemption choices). Odds depend on number of eligible entries received. Math skill-testing question required. Full rules at: http://facebook.cundari.com/cibc_rftc_tab/CIBCtweetTheRunContest/rules.pdf. ™Trademark of the Canadian Breast Cancer Foundation, used under license. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.

Inset: Louis Doyle, left, and his son, Easter Seals' ambassador Jacob-Emmanuel Doyle, celebrate after Jacob-Emmanuel successfully rappelled the 18-storey National Ottawa Hotel & Suites downtown. GRAHAM LANKTREE/METRO

Ousting 3,000 immigrants will strain Federal Court: Law prof

New national immigration laws strain the Federal Court and raise spectres to scare the public into accepting draconian legislation, said an Ottawa law professor Monday.

"(Immigration Minister Jason) Kenney's recent reference that there are 11,000 more fraudulent immigrants in Canada is a bogeyman to scare the public and introduce draconian legislation," said Peter Showler, director of the Refugee Forum, at the University of Ottawa's Human Rights Research and Education Centre. "He has had parliament grant far broader power to the government than necessary."

The more than 3,000 immigrants to Canada who had their citizenship revoked Sept. 10 by Kenney will create a huge backlog for the Federal Court, Showler said.

"If 3,000 cases came to the Federal Court, it would put a great strain on it," he said.

Each case of fraud would, on average, take five days to complete, he said. "I agree with the minister that fraud should be prosecuted. They will have to increase the number of justices to take on the load."

Yet backlogs at the Federal Court are the least of Canadians' worries, Showler noted.

"Legislation that spouses of landed immigrants have temporary permanent residence for three years is a far greater problem because it's a breeding ground for marital abuse," Showler said of regulatory changes introduced in March. "Notably, men have been abusive. They can hold it over their spouse's head for three years. The problem Kenney has created is much greater than what he set out to solve."

Showler also singled out new 14-day and six-month timelines for refugee claims to be processed as being too short, Minister Kenney's treatment of Roma refugees and cuts to refugee health care.

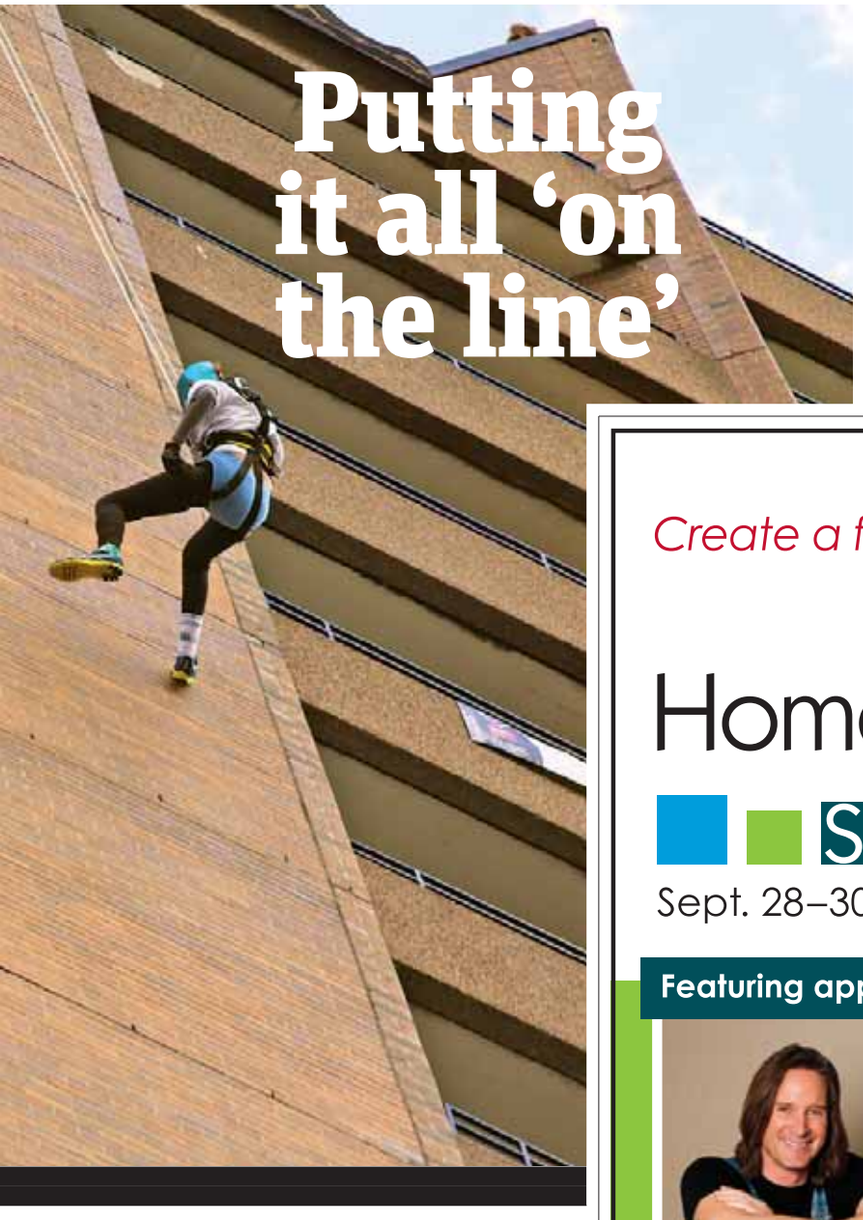
"The interim health program outrageously cut back health care to the point that physicians went into the street to protest," he said. "The minister has constantly talked about the Roma as bogus refugees and completely overstated the case."

The minister's office did not respond to a request for comment. GRAHAM LANKTREE/METRO

Quoted

"The court already has a 65 per cent workload of immigration and refugee cases."
Peter Showler, Refugee Forum director

Putting it all 'on the line'



Taking the plunge. A downtown hotel hosted a vertigo-inducing Easter Seals fundraiser complete with costumed superheroes

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Dressed as Iron Man, Thor and Wonder Woman, among others, 75 heroes of a different kind rappelled from an 18-storey downtown hotel to raise money for Easter Seals Monday.

"We kept trying to discourage him from rappelling," Louis Doyle said of his son, Easter Seals' ambassador Jacob-Emmanuel Doyle. "He raised money for CHEO earlier this summer, but he wanted to raise more for Easter Seals too."

In 2008, Jacob-Emmanuel lost motor function in his brain when a hemorrhage unexpectedly struck during a game of volleyball.

"I'm not really afraid," he said before taking the rappelling plunge for the first time. "I've done gliding two weeks ago. You don't think of anything else. You're just doing it."

With the help of friends, family and neighbours, Jacob-Emmanuel said they had raised more than $1,500. "I'd like to say thank you to all of them. My dad is being a good dad for worrying about me."

The group aimed to raise more than $120,500, some of which will go to Easter Seals Camp Merrywood, which takes in 72 campers for each 10-day session throughout the summer.

Follow Graham Lanktree on Twitter @MetroGraham

Ottawa council

Police given OK to draft budget increase despite declining crime rate

Ottawa Police Chief Charles Bordeleau says his force is committed to keeping budget hikes to council's 2.5 per cent cap.

At a meeting of Ottawa's Police Services Board Monday night, councillors approved the police force's direction to draft a budget with an "up to" 2.5 per cent hike.

The draft budget, which will be tabled as part of the overall municipal budget in October, still requires council approval.

Bordeleau would not say whether he expects the budget hike to be at or below the 2.5 per cent.

Ottawa police tabled a budget with a 2.5 per cent increase last October, bringing their total operating budget to $246.7 million. Another 2.5 per cent increase was forecast for 2013 that year, meaning a net increase of $5.5 million.

Despite a declining crime rate, Bordeleau said cost pressures continue to increase.

"Our calls to service is going up — you have a city that is growing. And we also have compensation," said Bordeleau, pegging salaries at 85 per cent of the force's budget.

The City of Ottawa is to table its 2013 budget on Oct. 24. ALEX BOUTILIER/METRO

Quoted

"Our calls to service is going up — you have a city that is growing. And we also have compensation."
Ottawa Police Chief Charles Bordeleau

Create a fabulous living space!

THE Home & Design SHOW

Sept. 28–30 ▪ CE Centre, Ottawa

FREE PARKING FRIDAY
NOON – 5 PM ONLY
COURTESY OF CBHP

Friday 12 noon – 9pm
Saturday 10am – 6pm
Sunday 10am – 5pm
Admission $12
Children 17 & under are ***free***
4899 Uplands Drive, Ottawa

Featuring appearances by

Andrew Downward
Paint expert & colour coordinatior from WNetwork's *Divine Design*

Scott McGillivray
Real estate expert, contractor, & host of the television show *Income Property* on HGTV

Karen Sealy
Award-winning Designer & Renovation Expert

Brought to you by Can1east SHOWS Inc.
Proud member of Greater Ottawa Home Builders' Association

homeanddesignshow.ca

THE Home & Design SHOW
Sept. 28–30, 2012
CE Centre, Ottawa

2 for 1 admission with this coupon

homeanddesignshow.ca

Buy one, get one free. Special offers can't be combined.

OHD12MET25

Government criticism.
Vietnam hands bloggers lengthy sentences

A Vietnamese court issued jail sentences ranging from four to 12 years on Monday to three bloggers who wrote about human-rights abuses, corruption and foreign policy, intensifying a crackdown on citizens' use of the Internet to criticize the government.

The cases are particularly high-profile examples of the Communist government's attempts to stifle challenges to its authority on the Internet, which has emerged as a major avenue for dissent in the country of 87 million people.

American President Barack Obama has mentioned one of the defendants, and the mother of another died after setting herself on fire to protest her daughter's arrest.

The defendants, two men and one woman, are founding members of the Free Journalists' Club, a group of citizen journalists who posted their work on the Internet. They were found guilty of spreading "propaganda against the state."

Nguyen Van Hai, who has written under the pen name Dieu Cay or Tobacco Pipe, got 12 years, Ta Phong Tan received 10 years and Phan Thanh Hai got four years, according to defence lawyer Ha Huy Son.

The country regularly convicts dissidents, but sentences have generally been around five years. **THE ASSOCIATED PRESS**

Infected

Zombie bees hit Washington state

Washington state has its first "zombie bees."

The bees are infected with a parasite making them fly at night and lurch around erratically until they die. **THE ASSOCIATED PRESS**

Prophet mockery

3 men acquitted of murder plot

An appeals court has acquitted three men accused of plotting to murder a Swedish artist who had depicted the Prophet Muhammad as a dog. **THE ASSOCIATED PRESS**

Baby gorillas poached

Virunga National Park caretakers weigh a rescued Grauer's gorilla infant.
LUANNE CADD/VIRUNGA NATIONAL PARK/THE ASSOCIATED PRESS

Endangered species.
Grauer's gorilla deaths raise fears others have been killed in Congo

Endangered Grauer's gorillas are victims of ongoing violence and a new rebellion in eastern Congo. A decision to allow oil exploration in a national park there may put the gorillas at greater risk.

Virunga National Park's director, Emmanuel de Merode, said Monday that wildlife authorities rescued two baby gorillas in the space of a week this month.

Fighting between rival militia groups is making it impossible for wildlife authorities to find out how many of the Grauer's gorillas have been killed. Grauer's, also known as eastern lowland gorillas, exist only in eastern Congo. Experts estimate that fewer than 4,000 remain, down from about 17,000 in 1995, de Merode said in a statement.

Quoted

"Baby gorilla trafficking is terribly damaging for gorilla populations."

Emmanuale de Merode, park director. Many of the gorilla's family members are usually killed to get the infant

The poaching comes as the park itself faces oil exploration. Congo's Hydrocarbons Minister Crispin Atama Tabe announced Monday that the government is authorizing the British firm SOCO to explore for oil in the park, Africa's oldest, created in 1925 under Belgian rule.

Virunga National Park, declared a UNESCO World Heritage site in the 1970s, is the only place on Earth that boasts all three African great apes in addition to elephants, buffalo, hippos, large antelopes, lions, leopards and a plethora of smaller animals and birds. Virunga and the SOCO concession encompass Lake Edward, one of the Central African great lakes that provides a livelihood for some 40,000 fishermen.

Atama Tabe told The Associated Press that oil exploitation could help bring security to volatile east Congo, although mining of the region's massive mineral riches has had the opposite effect, with various armed groups vying for control of revenues the minerals bring. **THE ASSOCIATED PRESS**

FLIGHT CENTRE® Unbeatable

Airfares

Jamaica $486*
Travel Sep 30 - Oct 7/wg — incl $95 base + $391 taxes & fees

Cuba $452
Travel Oct 6 - Oct 13/ac — incl $253 base + $199 taxes & fees

Cancun $505*
Travel Sep 28 - Oct 5/wg — incl $135 base + $370 taxes & fees

New York $316
Travel Oct 23 - Oct 30/ac — incl $198 base + $118 taxes & fees

Orlando $328*
Travel Sep 29 - Oct 5/ts — incl $32 base + $296 taxes & fees

Las Vegas $379
Travel Oct 23 - Oct 30/ua — incl $252 base + $127 taxes & fees

Vancouver $683
Travel Oct 18 - Oct 25/ac — incl $518 base + $165 taxes & fees

Honolulu $686
Travel Oct 23 - Oct 30/aa — incl $558 base + $128 taxes & fees

London $729
Travel Oct 21 - Nov 13/ts — incl $149 base + $580 taxes & fees

Rome $999*
Travel Nov 12 - Nov 26/ay — incl $518 base + $481 taxes & fees

Buenos Aires $1094*
Travel Nov 6 - Nov 20/la — incl $550 base + $544 taxes & fees

Canada & USA

New England
Fall Colours, Air + 5-Day Car
$498
Alamo Car Rental — incl $372 base + $126 taxes & fees
INCLUDES roundtrip airfare to Boston and 5-day car rental to explore the Fall foliage of New England. Departs Oct 12, 24/ggv/dl. Vehicle upgrades available.

Niagara Falls 3 Nights $98◊
Ramada Niagara Falls — taxes & fees included
INCLUDES accom near Falls Avenue. Price per person based on family of 4. UPGRADE to Marriott Gateway on the Falls for $15 per night. BOOK this package based on double occupancy for $138. Travel Oct 16, 23/ggv.

Montreal 3 Nights $168
Hotel Travelodge Montreal — taxes & fees included
INCLUDES accom near Old Montreal. Travel Oct 14, 21/ggv. ADD first class city tour $56.

Miami Air + 3 Nights $578
Deauville Beach Resort — incl $451 base + $127 taxes & fees
INCLUDES accom in the heart of Miami Beach. Departs Nov 4, 12/ggv/ua. ADD Key West day trip for $108.

New York Air + 3 Nights 4-Star $638
New York Marriott Downtown — incl $520 base + $118 taxes & fees
INCLUDES Manhattan accom. Departs Dec 21/ggv/ua. ADD holiday lights tour for $46.

Vacations

Lisbon
Air + First 3 Nights 4-Star
$1258
Felix Hotel — incl $674 base + $584 taxes & fees
INCLUDES accom in Praca Marques de Pombal area. Departs Nov 17/ggv/ac. BONUS daily breakfast included. ADD hop-on, hop-off tour for $23.

Prague Air + 7 Nights $1438
Hotel Kavalier — incl $846 base + $592 taxes & fees
INCLUDES accom near shopping and entertainment. Departs Nov 12/ggv/kl. BONUS daily breakfast included. ADD Prague castle tour for $56.

Buenos Aires Air + 7 Nights $1468
Hotel Impala — incl $899 base + $569 taxes & fees
INCLUDES Recoleta accom. Departs Nov 18/ggv/ua. UPGRADE to 4-star Hotel Impala for $20 per night. ADD tango show for $72.

Budapest Air + 7 Nights $1558
Mercure Budapest Duna — incl $964 base + $594 taxes & fees
INCLUDES accom on the Danube River. Departs Oct 21/ggv/kl. BONUS daily breakfast included. ADD Danube bend tour for $90.

Istanbul Air + First 3 Nights $1748
Asbur Hotel — incl $927 base + $821 taxes & fees
INCLUDES accom near the Blue Mosque and Topkapi. Departs Nov 5/ggv/kl. BONUS daily breakfast included. ADD Ottoman heritage tour for $53.

All-inclusive Vacations

Cuba
7 Nights 5-Star
$695*
Memories Azul Beach Resort — incl $395 base + $300 taxes & fees
Departs Oct 10/sgn/wg.

Jamaica 7 Nights 4-Star $799*
Holiday Inn Sunspree — incl $404 base + $395 taxes & fees
Departs Oc 6/nol/c6.

Mayan Riviera 7 Nights 4-Star $835*
Barcelo Maya Beach Resort — incl $465 base + $370 taxes & fees
Departs Oct 22/swg/wg.

Cruise & Stay

Miami
Air + 4 Nights + 3-Night Cruise
$949
Norwegian Sky, Marco Polo Beach Resort — incl $729 base + $220 taxes & fees
INCLUDES roundtrip airfare, beachfront accom and cruise sailing roundtrip Miami visiting Great Stirrup Cay and Nassau. Departs Nov 14/ac/ncl/ggv. UPGRADE to ocean view stateroom and 4-star Four Points Sheraton from $29 per night.

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free!

24/7 1 866 827 2214 — TEXT Join our Insider Club for hot deals. Text YOW to 131 600 — flightcentre.ca — Visit us in store.

*Conditions apply. Ex: Ottawa. *Ex. Montreal Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 children ages 2-17). ww/ws=westjet, ac/ac=air canada, ua=united airlines, swg/wg=sunwing, vh/ts=air transat, ay=finnair, la=lan, aa=american airlines, ncl=norwegian cruise line, ggv=gogo vacations, sgn=signature, nol=nolitours, c6=canjet, dl=delta, kl=klm. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384*

Offer ends Sept. 30th

50% OFF
ALL UNLIMITED PLANS

Starting from $12.50/mo

mobilicity.ca

mobilicity™
Now that's smart.

Receive 50% off all regular rate or data stick plans for 6 months while customer is on automatic monthly payments (preauthorized credit/debit payment). Taxes are extra. Restrictions may apply on combining offers with other offers or promotions. All unlimited features included in each plan/add-on, including unlimited talk, text and data features, must originate and be used within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. Additional terms and conditions apply. Subject to change without notice. © 2012 Mobilicity. 'Mobilicity', 'Now that's smart.', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobilicity Stores

Lincoln Fields Mall
1595 Merivale Rd,
Unit 6
168 Rideau St

Bayshore Shopping Centre
173 Montreal Rd
Hazeldean Mall

Carlingwood Shopping Centre
246 Bank St

Authorized Dealers

Cellular X Zone:
Billings Bridge Shopping Centre

Bullo Wireless:
1414 Walkley Rd
IGO Cyber House Inc:
223 Bank St

FTA Tronix:
1907 Carling Ave

City Mobile:
TNT Supermarket 224 Hunt Club Rd, Unit B

Rocknet Telecom:
967 St. Laurent Blvd

Sears
DISCOUNTS AT THIS LOCATION ONLY
RIDEAU CENTRE 50 Rideau St
STORE CLOSING
FINAL 2 WEEKS!
EVERYTHING
NOW 30% TO 60% OFF & MORE
ALL IN-STOCK RANGES, REFRIGERATORS/FREEZERS MICROWAVES & DISHWASHERS 40% OFF
ALL GOLD JEWELLERY RINGS, PENDANTS, NECKLACES, EARRINGS, BRACELETS & MORE! 70% OFF
ALL CRAFTSMAN TOOLS & TOOL STORAGE 50% OFF
ALL FASHION CLOTHING FOR THE ENTIRE FAMILY 60% OFF
EVERYTHING MUST BE SOLD!
STORE FIXTURES, FURNITURE & EQUIPMENT FOR SALE!
ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS, AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.

Nye the Science Guy takes on creationists

Debate. Iconic host of scientific children's program criticizes push away from teaching evolution in U.S. schools

The man known to a generation of Americans as "The Science Guy" is condemning efforts by some Christian groups to cast doubts on evolution and lawmakers who want to bring the Bible into science classrooms.

Bill Nye, a mechanical engineer and star of the popular 1990s TV show Bill Nye the Science Guy, has waded into the evolution debate with an online video that urges parents not to pass their religious-based doubts about evolution on to their children.

Nye has spent a career teaching science to children and teens with good-natured and sometimes silly humour, but has not been known to delve into topics as divisive as evolution.

Bill Nye
THE ASSOCIATED PRESS FILE

Christians who view the stories of the Old Testament as historical fact have come to be known as creationists, and many argue that the world was created by God just a few thousand years ago.

"The Earth is not 6,000 or 10,000 years old," Nye said in an interview with The Associated Press, citing scientists' estimates that it is about 4.5 billion years old. "It's not. And if that conflicts with your beliefs, I strongly feel you should question your beliefs."

Millions of Americans do hold those beliefs, according to a June Gallup poll that found 46 per cent of Americans believe God created humans in their present form about 10,000 years ago.

Nye, 56, also decried efforts in recent years by lawmakers and school boards in some U.S. states to present Bible stories as an alternative to evolution in public schools. Tennessee passed a law earlier this year that protects teachers who let students criticize evolution and other scientific theories. That echoes a Louisiana law passed in 2008 that allows teachers to introduce supplemental teaching materials in science classes.

"If we raise a generation of students who don't believe in the process of science, who think everything that we've come to know about nature and the universe can be dismissed by a few sentences translated into English from some ancient text, you're not going to continue to innovate," Nye said in an interview. THE ASSOCIATED PRESS

Catholic bishops

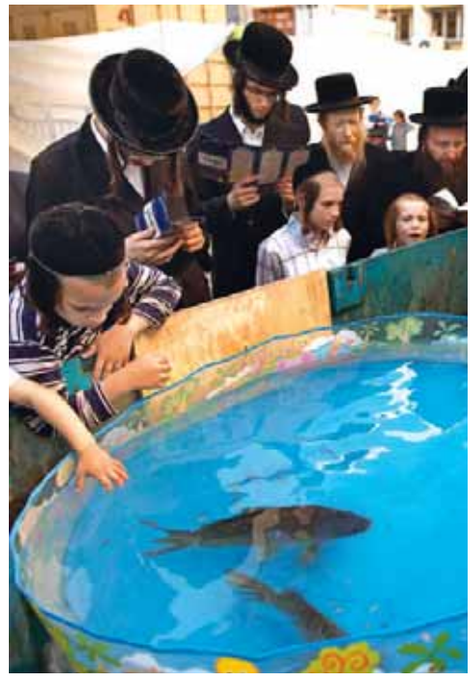
No sacrament without taxation

A Catholic reform group in Germany criticized the country's bishops Monday for declaring that believers who refuse to pay religious taxes won't be able to receive the sacrament, become godparents or work in church institutions. A century-old agreement with the state adds up to nine per cent to the income-tax bill of Germany's 25 million registered Roman Catholics, earning the church more than $5.2 billion annually. The same tax applies to Protestants and Jews.
THE ASSOCIATED PRESS

Saudi Arabia

Nigerian women kept from hajj

Nigerian officials say 398 Muslim women travelling to Mecca were temporarily held at a Saudi Arabian airport for travelling without male relatives. Spokesman Uba Mana said the women were allowed to proceed with their pilgrimage Monday. An agreement allows Nigerian women to perform hajj without a male relative.
THE ASSOCIATED PRESS



Prelude to Yom Kippur

Ultra-Orthodox Jews surround a pool as they participate in a Tashlich ceremony in the ultra-Orthodox Israeli town of Bnei Brak, Monday. Tashlich, which means "to cast away" in Hebrew, is the practice by which Jews go to a large flowing body of water and symbolically "throw away" their sins by throwing a piece of bread, or similar food, into the water before the Jewish holiday of Yom Kippur, which starts on Tuesday.

ODED BALILTY/THE ASSOCIATED PRESS

A television monitor shows former FBI agent Joseph Pistone, a.k.a. Donnie Brasco, testifying Monday in Montreal behind a screen at the Charbonneau inquiry looking into corruption in the Quebec construction industry. Pistone infiltrated the Bonnano family and was the subject of the movie Donnie Brasco. RYAN REMIORZ/THE CANADIAN PRESS

Quebec inquiry hears of inner workings of Mob

'Donnie Brasco' testifies. Underlings have to carry out orders without question — even to kill, ex-FBI agent says

The man who infiltrated the New York Mafia and inspired the movie Donnie Brasco is describing how he saw the underworld take over the construction businesses using methods that would be familiar to Quebecers today.

Joseph Pistone, a legendary FBI agent who spent six years undercover as a Mafia associate starting in the late 1970s, told the Charbonneau Commission about the inner workings of the Mob in the United States during his testimony on Monday.

He described its control over labour unions and businesses that owned raw construction materials — so it consistently managed to claim a piece of the profit, even for public contracts where a Mob-linked company wasn't ostensibly involved.

Pistone, now 73, discussed the ways of the underworld, including its moral codes and its list of offences that would get people killed. But what he has not done, so far, is delve into the workings of the Canadian Mafia.

He had just begun discussing ties between the New York families and their Canadian counterparts when the testimony broke for lunch. When he came back in the afternoon, he discussed the construction industry. THE CANADIAN PRESS

Not the movies

"Believe me — they don't quote Shakespeare. This is not the movies..."

Joseph Pistone, a former FBI agent, lamenting the romantic notions about the Cosa Nostra, thanks to Hollywood-fuelled images of men with colourful vocabularies

Runaway schoolgirl

Teen and teacher may be in France

The parents of a missing British schoolgirl believed to have run away with her teacher have issued a plea for her to come home.

Authorities believe Megan Stammers, 15, is in France with 30-year-old Jeremy Forrest, a math teacher in East Sussex.

Her mother issued an emotional appeal Monday, begging her daughter to get in touch.

The alarm was raised Friday after Megan failed to turn up for school. Police believe she and Forrest took a ferry to France.
THE ASSOCIATED PRESS

Wild leap. Man wanted to be 'one with the tiger'

Before his tangle with a Bronx Zoo tiger, David Villalobos adorned his Facebook page with New Age odes to Mother Earth and affirmations like "Be love and fearless."

Police said Saturday that Villalobos, 25, had told detectives that it was without fear that he leaped from an elevated train into the animal's den. His reason, they said, was that "he wanted to be one with the tiger."

Villalobos also recounted how, after he landed on all fours, the 400-pound beast attacked him and dragged around by his foot, said New York Police Department spokesman Paul Browne. Despite serious injuries, he claimed he was able to get his wish and pet the tiger — a male Siberian named Bashuta — before his rescue.

Based on those admissions and a complaint from the zoo, police charged Villalobos with misdemeanour trespassing. Villalobos remains hospitalized with bites and punctures on his arms, legs, shoulders and back, as well as a broken right shoulder, right rib, right ankle and pelvis and a collapsed lung. Police said there was no indication he was intoxicated.
THE ASSOCIATED PRESS

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. $25 free promotion is applied $5 per month for 5 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.

Health officials monitoring fatal SARS-like virus

Familiar scene? So far there is no connection between the cases except for a history of travel in Saudi Arabia

Global health officials are closely following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain.

The germ is a coronavirus, from a family of viruses that cause the common cold as well as SARS, the severe acute respiratory syndrome that killed some 800 people, mostly in Asia, in a 2003 epidemic.

In the latest case, British officials alerted the World Health Organization on Saturday of the new virus in a man who transferred from Qatar to be treated in London. He had recently travelled to Saudi Arabia and is now being treated in an intensive-care unit after suffering kidney failure.

Health officials don't know yet whether the virus could spread as rapidly as SARS did or if it might kill as many people.

"It's still (in the) very early days," said Gregory Hartl, a WHO spokesman. "At the moment, we have two sporadic cases and there are still a lot of holes to be filled in."

Hartl said it was unclear how the virus spreads. Coronaviruses are typically spread in the air, but Hartl said scientists were considering the possibility that the patients were infected directly by animals.

THE ASSOCIATED PRESS

Hajj pilgrimage

Saudi officials said they were concerned the upcoming Hajj pilgrimage next month, which brings millions of people to Saudi Arabia from all over the world, could provide more opportunities for the virus to spread.

- They advised pilgrims to keep their hands clean and wear masks in crowded places.
- The Hajj has previously sparked outbreaks of diseases including the flu, meningitis and polio.

A man wears a protective mask as he carries a bouquet of flowers at Women's College Hospital in Toronto in March 2003. Global health officials are following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain. THE CANADIAN PRESS FILE

Coronavirus

New disease linked to SARS family

There are a large number of coronaviruses. Some infect animals, others infect birds and still others infect people. In humans, coronaviruses typically cause colds.

But a coronavirus was also the cause of the 2003 outbreak of severe acute respiratory syndrome or SARS, which killed 44 people in Toronto and about 775 people worldwide. The new coronavirus reportedly causes severe pneumonia and kidney failure.

To date there is no sign of spread to health-care workers, who often serve as inadvertent sentinels of the spread of infectious diseases. During SARS, for instance, health-care workers were disproportionately affected, catching the new virus from patients they were struggling to save.

THE CANADIAN PRESS

Family of climber clings to hope

The sister of a Canadian cardiologist missing since an avalanche smashed into his climbing expedition on a Himalayan peak says she has no choice but to cling to the faint hope he will be found alive.

Quebec heart specialist Dominique Ouimet, 48, is among several people still missing on Mount Manaslu, the world's eighth-tallest peak.

Officials say at least nine people are dead after the avalanche roared through their camp around 4 a.m. Sunday, while more than two dozen climbers were still sleeping in their tents. Rescue teams scoured the area Monday for six missing climbers.

The doctor's sister, Isabelle Ouimet, told Radio-Canada in an interview that she had not given up on the possibility that her brother is still alive.

On Monday, four rescue helicopters scanned the slopes peak in search of the missing.

By midday, rescuers had brought down eight bodies and were trying to retrieve the ninth from the area where the avalanche struck, police Chief Basanta Bahadur Kuwar said.

THE ASSOCIATED PRESS

'Hooey.' Clement denies using ghostwriter for town-hall tweets

Treasury Board President Tony Clement is dismissing as "hooey" a report suggesting he was not the author of his own tweets during an online town hall last year.

The Canadian Press, citing documents obtained under the Access to Information Act, reported this week that Clement's staff did much of the tweet composition.

The documents said Clement had employed a "ghostwriter" to create tweets and that some were written before the town hall last December as stock answers.

"The ghostwriter worked with subject-matter experts to identify responses to questions and then worked with Clement to determine how to tweet in his voice," the documents said.

But the minister took to Twitter on Monday to deny the report. "That's a bunch of hooey," Clement wrote. "Docs are wrong. I directed the responses." THE CANADIAN PRESS

THAT'S THE POWER OF WIND™

HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.

Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.

WINDmobile.ca

Certain countries only. See our website for a complete list of included countries. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. All services subject to WIND's Terms of Service and are for personal use by an individual. Applicable taxes extra. Other conditions apply. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2012 WIND Mobile.

LINEUPS ARE FOR LUSHES

SHE SAYS...
Jessica Napier
metronews.ca

Last Saturday I found myself in a position I swore I'd avoid forever: standing in line for a bar and hating every minute of it. Strangely, I felt as if I were the only person who understood what an awful reality the monstrously long line presented.

Didn't the crowd of party-rock enthusiasts surrounding me realize that the one-in-one-out policy meant they'd be going inside roughly five minutes before last call? No, they were snapping Instagram selfies, seemingly oblivious to the chilly, just-turned-fall breeze on their inexplicably bare arms and legs.

There is a certain kind of cynicism, or maybe we'll call it wisdom, that comes with age. It dictates just how long you're willing to stand in line to go to *the* bar of the moment. I guess the under-25 set just has much more stamina when it comes to late-night lineups.

But seriously, why wait?

For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship.

Most people would agree that waiting in line can be a frustrating, anxiety-inducing and altogether boring process. But we tend to experience lineups in different ways based on our desires, expectations and whether or not we enjoy the company we're with.

In his article The Psychology of Waiting in Lines, former Harvard Business School professor David Maister examines how businesses and service organizations can improve the experience of waiting in line. Maister insists that it's how we wait — not how long we wait — that counts.

Lines we perceive to be unfair, unexplained or uncertain will always seem longer. On the other hand, queues that are reasonable, explained and predictable are much more bearable. Maister also points out that occupied time feels shorter than unoccupied time. This is why you'll find bad magazines in the waiting room at the dentist and mirrors in elevators.

Sometimes, lineups themselves aren't just a means to an end but part of the overall experience. Last week, devoted fanboys and fangirls camped out at Apple stores around the world in anticipation of the release of the iPhone 5, a shiny new smartphone marginally better than its shiny predecessor.

For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship.

Ultimately, lineups are inevitable and unavoidable — at airports, in emergency rooms and for every single public female bathroom in existence — but it isn't always the length of the line that determines whether or not something is worth the wait.

Unless it's already 1 a.m. and you're standing (in heels) behind 50 people in line for a bar. Then it's just time to go home.

Follow Jessica Napier on Twitter @MetroSheSays

How long you are willing to wait in line at a bar is correlated to the amount of alcohol you've consumed, presumably. SHAKESTERCODY/FLICKR

That's a jump to remember

KOEN VAN WEEL/EPA

War commemoration

Troops honour dead with airplane drop

Up to 1,100 troops from Holland, Belgium, Britain, Canada, Germany and the U.S. parachuted from airplanes above Ginkel Heath in the Netherlands.

The annual paratrooper drop this past weekend was to commemorate the Second World War's Battle of Arnhem, a significant airborne attempt by the Allies to cross the Rhine River.

METRO

Organizer's viewpoint

"It was a perfect opportunity for active servicemen to perform a true paratroop drop with their NATO allies."

Thijs van der Laan, communication adviser at the Airborne Commemoration Foundation (for the Battle of Arnhem)

Van der Laan told Metro that preparations to celebrate in two years, which will mark the 70th anniversary of the battle, are already underway. He noted that high members of the British and Dutch royal families would be in attendance.

History unearthed

Soldier's body found before ceremony

This year's commemoration was given added significance with the discovery of a British paratrooper's remains, almost 68 years to the day after he was killed in action.

The body — believed to be that of a soldier from Britain's 4th Parachute Brigade — was found with a metal detector. Two hand grenades were located near the body — the explosives were detonated on the spot.

METRO

Active paratroopers perform a drop to commemorate a famous battle. KOEN VAN WEEL/EPA

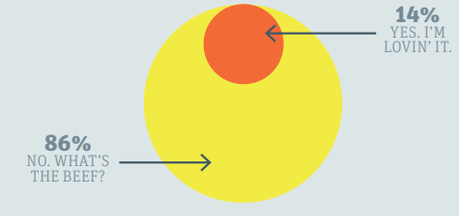
Online

Check out the video at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you go to a vegetarian McDonald's?



Twitter

@tayleighbennett: #ThingsISayAlot "I'm never drinking again"

@Cathangel: @RealKDPFan4Eva @nbcdays It's gross since the writing explicitly said that Rafe was the father figure Sami will always chase after.

@Cathangel: @RealKDPFan4Eva @nbcdays So either she gets over her Rafe complex/plays him to expose the baby lie or I'm out. #EJami or bust like you said.

@lesliecheeseman: In today's episode, I mistake an EX for a homeless person and offer him money for a shelter. Good gracious!

@GregMcCambley: @JuicyJincey Next we'll be hearing that cigarettes are a great appetite suppressant, and that drinking and driving is harmless...

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

'Still too pricey'

Facebook stock takes another dive

Facebook Inc.'s stock took a hit Monday after an article in the financial magazine Barron's said it is "still too pricey" despite a sharp decline since its initial public offering.

Though Facebook's stock has plunged since its May IPO, Andrew Bary at Barron's said the stock trades at "high multiples of both sales and earnings, even as uncertainty about the outlook for its business grows."

Facebook's stock fell $2.20 US, or 9.6 per cent, to $20.66 US in afternoon trading. The company went public on May 18 at a share price of $38 US.

THE ASSOCIATED PRESS

Code-share agreement

WestJet adds BA to network

WestJet Airlines Ltd. has added British Airways as its eighth code-share partner, enabling the U.K. carrier to sell seats on WestJet's planes. The deal is meant to draw more international travellers into WestJet's network. THE CANADIAN PRESS

Labour negotiations

CAW asks Chrysler workers to hang on

The Canadian Auto Workers urged its members at Chrysler to be patient and stay on the job as formal talks resumed Monday, following a weekend pause while the union ensured ratification of a deal with Ford. THE CANADIAN PRESS

Consumer debt

Canadians don't mind borrowing, survey finds

A new poll suggests that most Canadians are quite comfortable with using debt as a financial strategy — at a time when debt loads have risen to alarming new highs.

The survey, done for bankruptcy trustees Hoyes, Michalos & Associates, finds nine out of 10 respondents would consider borrowing money to cover an unexpected cost.

The poll by Harris/Decima asked respondents how confident they were about being able to raise $2,000 within a month if an unexpected need arose.

THE CANADIAN PRESS

Mortgage rules slow housing market: Report

August figures. Sales drop occurred in 21 of 28 metropolitan areas across Canada, says Conference Board

Quoted

"When you see sales down in three-quarters of the market, that means it's pretty widespread."

Robin Wiebe, senior economist, Conference Board

Canada's housing market appears to be cooling across the board in the face of tighter mortgage rules that affect many first-time buyers of modest means, a new analysis from the Conference Board shows.

The think tank's snapshot of resales for August shows a widespread decline in sales of existing homes, with 21 of 28 metropolitan markets registering a drop from July, and 16 of the markets showing a falloff of five per cent or more.

As well, listings fell in 17 of the 28 markets, an indication that owners were reluctant to place their homes for sale due to soft conditions.

Senior economist Robin Wiebe of the Conference Board said there was evidence of cooling in some markets — particularly Vancouver and Victoria — before the new rules went into effect July 9. But the new data shows the slowdown has spread to most markets and from coast to coast.

"When you see sales down in three-quarters of the market, that means it's pretty widespread," he said. "It's knocked previously high-flying markets like Regina and Saskatoon down a peg. Vancouver had been showing signs of cooling, now it's spread out into the Fraser Valley."

Still, the latest data shows that while sales and listings are down, prices appear to be holding steady.

THE CANADIAN PRESS

Wrong call: iPhone 5 sales disappoint analysts

Staff welcome customers Friday at the Apple store in Hong Kong, as sales of the new iPhone 5 got underway. On Monday, Apple Inc. said that it sold more than five million units of the iPhone 5 in the three days since the model's retail launch — less than analysts had expected. KIN CHEUNG/THE ASSOCIATED PRESS

iPhone maker halts northern China plant after 2,000-employee brawl

The company that makes Apple's iPhones suspended production at a factory in China on Monday after a brawl by as many as 2,000 employees at a dormitory injured 40 people.

The fight, the cause of which was under investigation, erupted Sunday night at a privately managed dormitory near a Foxconn Technology Group factory in the northern city of Taiyuan, the company and Chinese police said. A police statement reported by the official Xinhua News Agency said 5,000 officers were dispatched to the scene.

The Taiwanese-owned company declined to say whether the factory was involved in iPhone production. It said the facility, which employs 79,000 people, would suspend work Monday and reopen Tuesday.

Foxconn makes iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. It is one of China's biggest employers, with some 1.2 million workers in factories in Taiyuan, the southern city of Shenzhen, in Chengdu in the west and in Zhengzhou in central China.

The fight in Taiyuan started at 11 p.m. on Sunday, "drawing a large crowd of spectators and triggering chaos," a police spokesman was quoted by Xinhua as saying.

Order was restored after about four hours and several people were arrested, said the company, a unit of Taiwan's Hon Hai Precision Industry Co.

Comments posted on Chinese Internet bulletin boards said the violence might have erupted after a security guard hit an employee.

THE ASSOCIATED PRESS

THE OTTAWA
WEDDING SHOW
OCTOBER 13 & 14
Saturday & Sunday 11am to 5pm
CE CENTRE 4899 UPLANDS DRIVE (at Airport Parkway)
Exhibits - Over 100 of Ottawa's top wedding professionals
Fashion shows - 12:30pm and 3:30pm both days
Boutique Gowns - Hosted by Ottawa's leading bridal shops
Prizes and Promotions available only at Show
ADMISSION FREE
www.OttawaWeddingShow.com

Canada's National Notary Company

Notarization & Legalization

Over 100 Locations Across Canada

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Red Seal NOTARY

Scan and Save

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

RedSealNotary.com

1-888 922-7325

China-Japan tensions

Dispute over islands leads to customs delays

Japanese exporters are facing delays in shipments to some Chinese cities due to stepped-up customs inspections as tensions between the two countries over disputed islands remain elevated. The delays in shipments to China have been caused by increased vetting by customs officials in Guangzhou, Shanghai and Tianjin, an official with the Japan External Trade Organization said Monday.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 102.17¢ (-0.25¢)

TSX 12,313.54 (-70.06)

OIL $91.93 US (-$0.96)

GOLD $1,764.60 (-$13.40)

Natural gas: $2.837 (-4.8¢)
Dow Jones: 13,558.92 (-20.55)

Thank you sir.
Thank you for all the attention right now.
When my sister got sick, a lot changed,
otherwise we may never have met.
Because I need to be there for her, I can't work anymore.
It's hard, and very lonely,
but you always know the perfect moment to call
and your persistence has given me strength.

Oh by the way, I've called BDO."

CONTROL YOUR FUTURE

Credit Counsellors | Proposal Administrators | Trustee in Bankruptcy since 1958

613 235 5225 | **bdodebthelp.ca**

BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.

BDO

culturedays

I ♥ CULTURE

EXPLORE NEW DEPTHS

CULTURE DAYS HAS SOMETHING FOR EVERYONE ALL OVER THE CITY

No matter who you are, or where you live, you have the right to experience the arts and culture of your community first-hand.

Besides, it's fun.

This Sept. 28-30, be part of Culture Days in Ottawa — your chance to meet local artists, learn about what they do, and perhaps be creative yourself.

Want to learn pottery? Needlework? Maybe you are interested in painting or dance? Try them all at different Culture Days activities. If you would rather just watch and listen to the artists work, that's fine, too. Everything is free.

Activity stations are set up around the city. Many are located in hubs: The Canadian War Museum; City of Ottawa — Nepean Creative Arts Centre; City of Ottawa — Nepean Visual Arts Centre; Orpheus Musical Theatre Society; the Arts Court; Shenkman Arts Centre; and the National Arts Centre — allowing you and your family to visit several without travelling far.

You will find something for everyone at Culture Days.

Explore new depths of meaning with Éric Charlebois, whose French-language Poetry Workshop will have you composing verses in less than an hour.

For something different, attend Freedom of Association: Dennis Tourbin and Other Artists, an exhibition examining cubism and collage in the work of Canadian artists.

PLAN YOUR WEEKEND ONLINE

With more than 150 Culture Days activities scheduled in Ottawa, the **Sun Life Bright Spots Schedule** is going to come in handy.

It's easy to use.

Just create an account using the "My Culture Days" portal on culturedays.ca. Once you are logged in, browse registered activities and select those you wish to attend. They will automatically appear in a customized three-day schedule. If an activity happens more than once over the Culture Days weekend, it will appear on each day and at each time it's scheduled.

You can even print your complete **Bright Spots Schedule** as a PDF, export it to popular calendar platforms and email it to yourself. You can also visit culturedays.ca to search for events by postal code, consult maps, or to browse by art form, keywords, etc.

Ready to move? Learn the Dance of Love — or just watch — at Tango Dance Party, an event led by one of Ottawa's best dance duos, Brigitte and Francis Caron. Feel the need to felt? Learn how in a felting class, then head home with a handmade project all your own.

CONTRIBUTED

Culture Days celebrates Ottawa history, too. Heritage-themed events include a guided canoe tour of the Rideau River, organized by the Billings Estate National Historic Site. Take it and see your city in a new way.

And don't forget: Culture Days isn't just good for you. It's good for artists, too.

As a collaborative, Canada-wide volunteer movement, Culture Days brings needed exposure to creators across the country. Alisdair MacRae, an artist working in sculpture and installation at the Nepean Creative Arts Centre, remembers his Culture Days 2011 experience fondly:

"I had been trying to grow loofahs as a project, and wanted to share the experience with visitors through Culture Days," he says. "Though I participated as an individual, being located in an arts complex helped me attract more visitors. One person saw my event posted on the Culture Days website and made the trip just to learn more about growing loofahs.

"Culture Days allowed me to connect my studio practice with the public in a meaningful way. I would gladly participate again."

To learn more about Culture Days activities near you, visit culturedays.ca.

Founding Visionary Partner
Sun Life Financial

Visionary Partners
endeavour magic + logic
The J.W. McConnell Family Foundation / La fondation de la famille J.W. McConnell

National Broadcast Partner
CBC

CONNECT WITH CULTURE DAYS ON:
flickr YouTube

National Newspaper Partner
THE GLOBE AND MAIL

Federal Government Support
Canadian Heritage / Patrimoine canadien

Inspired by:
les journées de la culture

Provincial Partners
Ontario
Ontario Trillium Foundation / Fondation Trillium de l'Ontario
ONTARIO ARTS COUNCIL / CONSEIL DES ARTS DE L'ONTARIO

culturedays
CREATE, PARTICIPATE & CELEBRATE
Sun Life Financial
September 28, 29 & 30, 2012

Barbara Ann Scott

Come Skate with Me

What happens when you combine cold outdoor skating rinks, long practise sessions and a determined young woman?

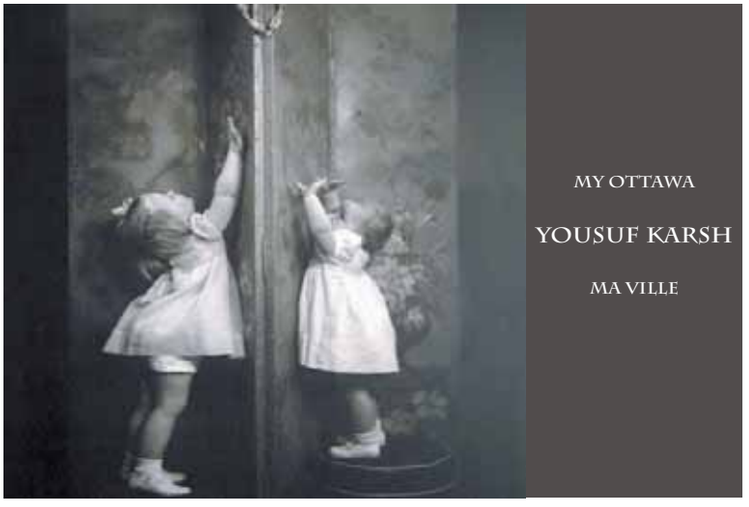
Barbara Ann Scott, Olympic Gold Medalist and world record holder!

Come visit this exciting new exhibit aboutOttawa-born figure skating champion Barbara Ann Scott. This exhibit showcases never before seen items such as her Olympic Gold Medal.

Presented by the
City of Ottawa Archives
Ottawa.ca/archives

Location :
Ottawa City Hall
Barbara Ann Scott Gallery
Opening August 9, 2012
110 Laurier Avenue West
9 a.m. to 6 p.m daily

Free Admission



MY OTTAWA
YOUSUF KARSH
MA VILLE

Opening reception: Friday, September 28, 5:30 to 7:30 p.m.

An exhibition of historical portraits of prominent Ottawa figures and never-before-seen portraits of Ottawa residents as captured through the charismatic and often candid lens of prolific photographer Yousuf Karsh. Visitors will not only witness the evolution of Karsh's portraiture from 1935 to 1985, but they will also learn about the lives and stories of these Ottawa inhabitants.

Presented by the
City of Ottawa Archives
Ottawa.ca/archives

Location :
James Bartleman Centre
Gallery 112
100 Tallwood Drive
September 18 to October 31
Mon-Fri: 9 a.m. to 4 p.m
Sat: 10 a.m. - 5 p.m.

Free Admission

CARING FOR YOUR PHOTOGRAPHS: PRINT AND DIGITAL

FREE in honour of Culture Days

Are you interested in preserving your family photographs? Learn from the experts what to do, what materials to use and where to buy them. Bring your photographs with questions to get expert solutions from a Conservator and Archivist on staff.

Coffee Break: food provided by The Scone Witch

Register for this online at **Ottawa.ca** using 'Service Ottawa'
or at any City of Ottawa recreation facility. Course Barcode: 817107

Presented by the
City of Ottawa Archives
Ottawa.ca/archives

Location :
Ben Franklin Place
Room 1A
101 Centrepointe Drive
September 29
9 a.m. to 12 p.m

CULTURE DAYS HIGHLIGHTS

YOUR GUIDE TO ACTIVITIES AND EVENTS

WHAT: *Canoe Tour of the Rideau River.* Experience the history of the Rideau River in a whole new way with a guided paddle along the historic waterway. Discover the impact that the Billings and others had on the area from when they arrived in 1812 to today. You must bring your own equipment including canoe or kayak, paddles and life-jackets.
WHO: Billings Estate National Historic Site.
WHEN: Saturday, Sept. 29, 1-3:30 p.m.
WHERE: Departing from Windsor Park from the dock between Windsor Avenue and Belmont Avenue.

CANADIAN MUSEUM OF CIVILIZATION

WHAT: *So You Want to be a Filmmaker?* Create an animated film with help from the National Film Board's PixStop application. PixStop is a user-friendly app that makes it easy to create stop-motion films. The iPads are supplied, and you provide the script. Once completed, share your masterpiece with friends online.
WHO: Canadian Museum of Civilization.
WHEN: Sunday, Sept. 30, noon to 4 p.m.
WHERE: 100 Laurier St., Gatineau, Que.

join the conversation now **@culturedays**
#CULTURE is _____ to me.

WHAT: *Royal "Pop-up Museum."* Do you have any royal-themed collectibles in your basement or china cabinet? If so, this is your chance to share your spectacular item with others. Bring your treasure and participate in a royal-themed "pop-up museum," a collective display of all things royal.
WHAT: Canadian Museum of Civilization.
WHEN: Saturday, Sept. 29, 2-4 p.m.

CONTRIBUTED

WHERE: 100 Laurier St., Gatineau, Que.

CANADIAN WAR MUSEUM

WHAT: *Wampum Weaving.* First People made wampum belts to record important events. Learn some basics of weaving and make your own wampum-inspired keychain to record your visit to the Canadian War Museum.
WHO: Canadian War Museum.
WHEN: Saturday, Sept. 29, and Sunday, Sept. 30, 11 a.m. to 3 p.m.
WHERE: 1 Vimy Place.

FOR MORE, SEE PAGE CD4

CULTURE DAYS
AT THE CANADIAN MUSEUM OF CIVILIZATION
Join us on September 28, 29 and 30 to celebrate Culture Days. All activities are inspired by the exhibition A Queen and Her Country and are free of charge.*
BE PART OF OUR FIRST "POP-UP MUSEUM"
Bring your treasures and participate in our first royal-themed "pop-up museum," a collective display of all things royal.
Registration and information:
819-776-8281 | civilization.ca/programs
* Museum admission fees apply
culturedays
les journées de la culture
© CMCC, Steven Darby
CANADIAN MUSEUM OF CIVILIZATION
MUSÉE CANADIEN DES CIVILISATIONS
100 Laurier Street, Gatineau, QC | 819-776-7000
Canada

CONTINUED FROM PAGE CD3

WHAT: *Quill Pen Writing.* During the War of 1812, important messages were written using a quill pen, sealed with wax and hand-delivered. Write your own letter with a quill pen and seal it to keep it secret.
WHO: Canadian War Museum.
WHEN: Saturday, Sept. 29, and Sunday, Sept. 30, 11 a.m. to 3 p.m.
WHERE: 1 Vimy Place.

NEPEAN CREATIVE ARTS CENTRE

WHAT: *Zumba class.* The whole family can participate and find out what this popular trend is all about! No experience necessary.
WHO: City of Ottawa.
WHEN: Sunday, Sept. 30, noon to 2 p.m.
WHERE: 35 Stafford Rd.

WHAT: *Parent and Child Hand Drumming.* Learn the joy of music through hand drumming. Join a drum circle and learn traditional African and Latin rhythms on djembes, congas, timbales, and more. No musical training required.
WHO: City of Ottawa.
WHEN: Sunday, Sept. 30, 11 a.m. to noon.
WHERE: 35 Stafford Rd.

NCAC PHOTO

WHAT: *Discover Open House at the Gardener's House Artists' Studios.* Inside a small white bungalow at Britannia beach exist five artist studios. Let curiosity get the better of you and talk and interact with the artists as they paint, draw, sculpt in their studios and exhibit their artwork.
WHO: City of Ottawa.
WHEN: Sunday, Sept. 30, 10 a.m. to 3 p.m.
WHERE: 104 Greenview Ave.

NEPEAN VISUAL ARTS CENTRE

WHAT: *Watercolour Painting.* Have you always wanted to try watercolour painting? Supplies provided. Beginners welcome.
WHO: City of Ottawa — Nepean Visual Arts Centre.
WHEN: Friday, Sept. 28, 7:30-9:30 p.m.
WHERE: 1701 Woodroffe Ave.

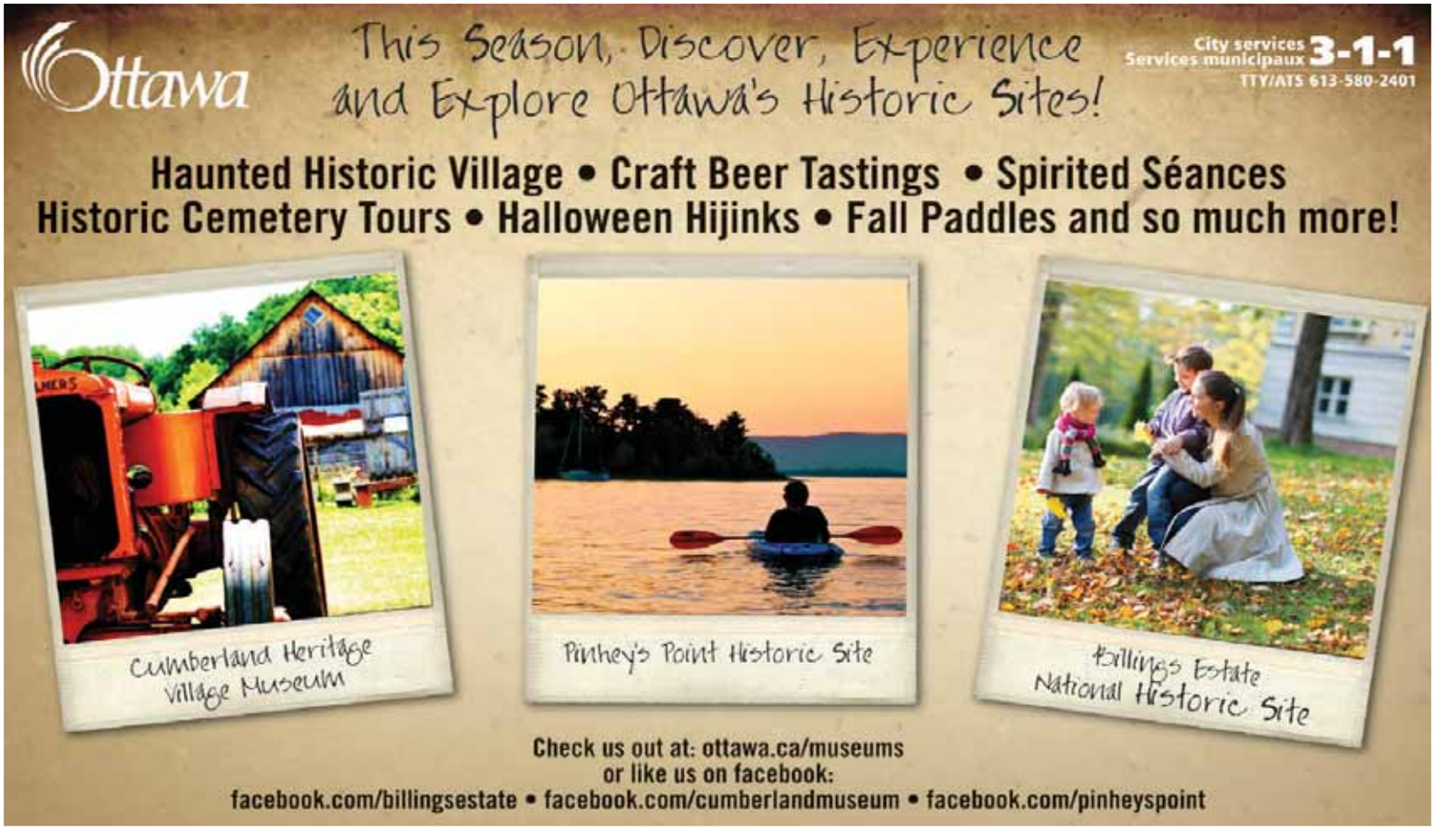
WHAT: *Pottery Handbuilding.* Have you always wanted to try a clay class off the wheel? Supplies provided. Absolute beginners welcome.
WHO: City of Ottawa — Nepean Visual Arts Centre.
WHEN: Friday, Sept. 28, 5-7 p.m. and 7:30-9:30 p.m.
WHERE: 1701 Woodroffe Ave.

WHAT: *Parent and Child Pottery.* Have you always wanted to try pottery? Supplies provided. Absolute beginners welcome.
WHO: City of Ottawa — Nepean Visual Arts Centre.
WHEN: Friday, Sept. 28, 4:30-6:30 p.m.
WHERE: 1701 Woodroffe Ave.

OTTAWA ARTS COURT

WHAT: *Weaving.* Learn the basics of the ancient art of weaving with textile artist Laura Fauquier. Participants will have hands-on tactile experience as well as learn to capture colour and texture.
WHO: Ottawa Arts Court.
WHEN: Saturday, Sept. 29, noon to 4 p.m.
WHERE: 2 Daly Ave.

FOR MORE, SEE PAGE CD5


Ottawa
This Season, Discover, Experience and Explore Ottawa's Historic Sites!
City services 3-1-1
Services municipaux
TTY/ATS 613-580-2401
Haunted Historic Village • Craft Beer Tastings • Spirited Séances
Historic Cemetery Tours • Halloween Hijinks • Fall Paddles and so much more!
Cumberland Heritage Village Museum
Pinhey's Point Historic Site
Billings Estate National Historic Site
Check us out at: ottawa.ca/museums
or like us on facebook:
facebook.com/billingsestate • facebook.com/cumberlandmuseum • facebook.com/pinheyspoint

CONTINUED FROM PAGE CD4

WHAT: *Electronic Sampling Beat Making.* Make beats from a variety of sounds and learn how to sample, record and edit the sample.
WHO: Ottawa Arts Court.
WHEN: Saturday, Sept. 29, 2:45-5:30 p.m.
WHERE: 2 Daly Ave.

WHAT: *Arts Court Fusion of Exhibits, Dance,Theatre & Media Arts.* Visit a number of visual art exhibitions, view musicians, theatre and dance performers, as well as participate in numerous workshops.
WHO: Ottawa Arts Court.
WHEN: Saturday, Sept. 29, noon to 4 p.m.
WHERE: 2 Daly Ave.

WHAT: *Squishy Circuit and LED Foldie workshops.* Ignite your creativity with Artengine's fun electric art projects.
WHO: Ottawa Arts Court.
WHEN: Saturday, Sept. 29, noon to 4 p.m.
WHERE: 2 Daly Ave.

WHAT: *Creations In Vivo Steamfunk.* Directly from Jules Verne's' universe, two stilt walkers are about to discover today's world. Leather, copper, steel and boldness are part of their tribute to the Victorian steam era.
WHO: Ottawa Arts Court.
WHEN: Saturday, Sept. 29, noon to 4 p.m.
WHERE: 2 Daly Ave.

join the conversation now **@culturedays**
#CULTURE is _____ to me.

SHENKMAN ARTS CENTRE

WHAT: Étudiants et d'anciens de La Cité Collégiale (Students and Alumni of La Cité Collégiale)
WHO: LaLande + Doyle Exhibition Space
WHEN: Vernissage and exhibit, 1-3 p.m.; artist walk-through, 1:30-2 p.m.
WHERE: 245 Centrum Blvd.

WHAT: Festival X Exhibit — Jonathan Hobin: Attic Urchins
WHO: Ottawa School of Art Orleans Campus Gallery
WHEN: Exhibit, 1-3 p.m.; artist walk-through, 1:30-2 p.m.
WHERE: 245 Centrum Blvd.

WHAT: Vladimir Frolov: I Did Not Kill the Group of Seven
WHO: AOE Arts Council Gallery
WHEN: Exhibit and meet and greet, 1-3 p.m.
WHERE: 245 Centrum Blvd.

NCAC PHOTO

NATIONAL ARTS CENTRE

WHAT: *Tango Dance Party (a Milonga).* Slip into your tango shoes, learn a few dance steps and dance with some of Ottawa's best tango dancers — or just come to watch — on the Theatre Stage, led by Ottawa's favourite tango dancers, Brigitte and Francis Caron of Siempre Tango.
WHO: National Arts Centre.
WHERE: Sunday, Sept. 30, 1-4 p.m.
WHERE: 53 Elgin St.

WHAT: *NAC Backstage visits.* See the National Arts Centre backstage areas like you have never seen before — up close and personal.
WHO: National Arts Centre.
WHEN: Sunday, Sept. 30, noon to 4 p.m.
WHERE: 53 Elgin St.

WHAT: *NAC Art Guided Tour.* Get a guided tour of the NAC's extensive visual art collection (indoors and outdoors) departing once an hour on the hour starting at noon.
WHO: National Arts Centre.
WHEN: Sunday, Sept. 30, noon to 3 p.m.
WHERE: 53 Elgin St.

WHAT: *Live Band Karaoke.* You are the star in this version of karaoke where you will be accompanied by a live band of top-notch Ottawa musicians. Choose your favourite selection of tunes and sing your heart out in the cosy atmosphere of the Fourth Stage cabaret.
WHO: National Arts Centre.
WHEN: Sunday, Sept. 30, 1-4 p.m.
WHERE: 53 Elgin St.

FOR MORE, SEE PAGE CD6

west
WEST END STUDIO TOUR
September 29-30
Sat. and Sun., 10AM - 5PM
Artists of Wellington West and Westboro warmly welcome you into their studios for a sale and show of original art.
Make the last two weekends in September the perfect fall outing by biking, driving or walking around the local neighbourhoods and exploring the studios of local artists to get a first-hand look at their creative processes and their latest artworks.
Brochures available at businesses throughout the West End and on our website. Be sure to return the generous support of our map advertisers.
We look forward to seeing you in our studios!
Sneak Peek - Group Show!
Month of September
Dovercourt Community Centre
411 Dovercourt Ave., Ottawa, ON
Dovercourt
YouTube
www.westendstudiotour.ca

Ottawa
Affordable Space
FOR REHEARSAL, PERFORMANCE AND SET BUILDING
The Nepean Creative Arts Centre rents:
• Black box theatre studio
Compact and versatile black box space for workshops, dance recitals, and small scale theatre performances featuring: paintable, moveable 12 foot flats; a stock lighting plot with Fresnels, Lekos, Smartfade lighting board; sound system, backstage space, dressing rooms & green room; seats up to 70.
• Set construction shops & affordable storage space
For building and painting set pieces and props. Tools not supplied.
• Dance studios
For rehearsals, performances, and workshops featuring sprung floors, floor to ceiling mirrors, full sound systems.
• Music studios
Individual acoustically treated studios, large recital hall with Yamaha baby grand piano, and mid-size music studios for rehearsals and/or workshops.
• Visual Arts Studio
for group workshops in various mediums.

Contact 613-596-5783 for rates and information.

CONTINUED FROM PAGE CD5

ORPHEUS MUSICAL THEATRE SOCIETY

WHAT: *Guided Tours of Orpheus House.* Tours will allow participants to view the costume, set-building, props and scene-painting areas and meet the volunteers who bring the musicals to life. There will also be opportunities to attend workshops and mini-performances in the rehearsal space, Rice Hall.
WHO: Orpheus Musical Theatre Society.
WHEN: Saturday, Sept. 29, 10 a.m. to 3 p.m.
WHERE: 17 Fairmont Ave.

WHAT: *Footloose Dance Moves.* Cut loose and learn a few dance moves from Footloose, Orpheus Musical Theatre Society's first show of the 2012-13 season. Choreographer Gabe Wolinsky will be on hand to share with you some of the ways in which he creates a dance for the show. Wear comfortable clothing that allows you to move to the beat.
WHO: Orpheus Musical Theatre Society.
WHEN: Saturday, Sept. 29, 10:30-11 a.m.
WHERE: 17 Fairmont Ave.

OTTAWA LITTLE THEATRE

WHAT: *Curtains Up! Way Up!* Visit a working theatre and take a look behind and above the curtain. The machinery of the stage will be exposed and explained to everyone interested in seeing how it all works.
WHO: Ottawa Little Theatre.
WHEN: Saturday, Sept. 29, 3-5 p.m.
WHERE: 400 King Edward Ave.

WHAT: *Actors' Gym Improv Workshop.* This free participatory workshop will introduce you to one of the activities explored

CONTRIBUTED

in the Ottawa Little Theatre's weekly Actors' Gym program, which uses scene study, improv and other techniques to help actors develop and keep their acting "muscles" in shape.
WHO: Ottawa Little Theatre.
WHEN: Saturday, Sept. 29, 1-3 p.m.
WHERE: 400 King Edward Ave.

OTTAWA PUBLIC LIBRARY

WHAT: *Family Storytime.* Stories, rhymes and songs for children of all ages and a parent or caregiver. Registration required.
WHO: Ottawa Public Library — Centennial branch.
WHEN: Saturday, Sept. 29, 10-10:30 a.m.
WHERE: 3870 Richmond Rd.

WHAT: *Stories for the joy of it with storyteller Katherine Grier.* Katherine Grier will take you on a journey through

CONTRIBUTED

imagined worlds. Ages 4-8. Registration required.
WHO: Ottawa Public Library — Greely branch.
WHEN: Saturday, Sept. 29, 2:30-3:30 p.m.
WHERE:1448 Meadow Dr.

WHAT: *Kickin' Crafts.* Love to craft? Check out the Ottawa Public Library. Ages 9-12. Registration required.
WHO: Ottawa Public Library — Greenboro branch.
WHEN: Saturday, Sept. 29, 2-3 p.m.
WHERE: 363 Lorry Greenberg Dr.

WHAT: *Antique Evaluation Clinic.* Janet Carlile, an independent and accredited antique appraiser with CBC's Canadian Antiques Roadshow and 30 years' international experience gained with major auction houses in Europe and North America, will describe the history of your favourite household treasure at this Antique Roadshow-style evaluation clinic. Registration required. Maximum of one item per person.
WHO: Ottawa Public Library — Sunnyside branch.
WHEN: Saturday, Sept. 29, 2-4 p.m.
WHERE: 1049 Bank St.

ROYAL CANADIAN MINT

WHAT: *Royal Canadian Mint Activities.* Take a free Coin Discovery Tour. Get a chance to meet and interact with our own engravers and artists. Test your knowledge by taking part in a fun and friendly trivia game about the Mint's history, coins, and culture.
WHO: Royal Canadian Mint.
WHEN: Friday, Sept. 28 to Sunday, Sept. 30, 9 a.m. to 5 p.m.
WHERE: 320 Sussex Dr.

pg cd6

2012–13 Season
YOUR CITY YOUR THEATRE
GCTC
Great Canadian Theatre Company
The Secret Mask
BY RICK CHAFE
DIRECTED BY ANN HODGES
September 11 – 30, 2012
"ENGAGING, HEART BREAKING, TRAGICOMICALLY FUNNY, AND ONE OF THE FINEST NEW LOCALLY-PENNED PLAYS TO HIT THE STAGE IN RECENT YEARS." CBC.CA
Photo courtesy of Steve Cox, Chester, UK
Box Office: 613 236-5196 | www.gctc.ca | 1233 Wellington Street West

SCENE 2

On the web

Drake, Japandroids, Feist? Find out if one of them or another talent won the Polaris Music Prize last night by scanning this code or visiting metronews.ca.

DVD Reviews

The Avengers
Directed by: Joss Whedon and Zak Penn
Starring: Samuel L. Jackson, Robert Downey Jr., Mark Ruffalo and Scarlett Johansson

••••

You don't have to sport a propeller beanie to enjoy The Avengers, which may be the highest possible praise for what director Joss Whedon and co-writer Zak Penn have wrought in their energizing superhero adventure.

Whether you love or merely like The Avengers will likely come down to the performances of the ensemble, and not the perfunctory plot or the on-the-fly back story.

And what an ensemble it is.

Samuel L. Jackson is Nick Fury, the director of a global peacekeeping agency comprised of a fistful of Marvel Comics superheroes that include Iron Man (Robert Downey, Jr.), The Hulk (Mark Ruffalo), Captain America (Chris Evans), Thor (Chris Hemsworth) and newcomer to the team the Black Widow (Scarlett Johansson), a lethal gymnast.

They're summoned to join together to fight the threat posed by Thor's angry adoptive brother, who is in cahoots with a reptilian alien race called Chitauri.

PETER HOWELL

Damsels in Distress
Directed by: Whit Stillman
Starring: Greta Gerwig and Adam Brody

•••••

Whit Stillman's screwball college comedy Damsels in Distress is only the fourth film in his 22-year career and his first since The Last Days of Disco in 1998. Perhaps he needs all that time to write and store up the amusing aphorisms that issue from the mouths of his creations.

He reserves his best bon mots for lead damsel Violet (Greta Gerwig), who leads a quartet of do-gooders determined to help people improve themselves at Seven Oaks College, even if it kills them.

"There's enough material here for a lifetime of social work," Violet sighs, looking around her at all the moody girls and moronic boys who have alarmingly shot up the campus suicide rate.

Aptly named campus newspaper editor Rick DeWolfe (Zach Woods) and Violet share a brisk exchange about who's in the know about what's really going down, in a moment that is scathing comedy. But the two hardly cross paths after this, and the loss is felt.

PETER HOWELL

Action thriller Looper has Emily Blunt doing some crazy stunts. ALAN MARKFIELD/HANDOUT

Getting physical with Looper's Emily Blunt

Q & A. Actress dishes on her rough-and-tumble role while giving us a taste of her nerdier side

NED EHRBAR
Metro World News in Hollywood

We sat down with Looper star Emily Blunt to talk about getting physical for her role in the film — namely, wielding a shotgun and an axe, despite the proper training — and how she got back at director Rian Johnson.

She also got into a bit of name-calling when the subject of time travel came up, but she can get away with it.

In this movie, you are quite handy with a shotgun.

Yeah! I hopefully didn't look like a sissy with a shotgun, so that's good.

No, you were very convincing, very threatening. How much prep did you do for that?

With the shotgun? The thing I prepped for, actually, was the chopping wood.

That's the thing I practiced for about a month beforehand in my backyard.

I had this guy come over and deliver logs and an axe, and he was like, "There you go." And I was like, "Oh, I don't know how to do this," and he was like, "I don't know how to do this either."

So I just practiced for a while. And that was probably the hardest scene to shoot, the chopping wood scene. Physically, by the end of the day I was just like, "Argh!"

I don't know how many takes you had to do...

A lot. A lot.

And did you exact any sort of revenge on Rian for making you chop so much wood?

I don't think I did, actually. I mean, maybe the most vengeful thing that happened was that we had to put fake blood on everyone, and the little boy hated it, so we doused Rian with fake blood as well just so he would feel like one of the team.

But it didn't help. The kid still hated it.

Quoted

"The thing I prepped for, actually, was the chopping wood. That's the thing I practiced for about a month beforehand in my backyard. I had this guy come over and deliver logs and an axe."
Emily Blunt

That's good, I think, that the kid hated being doused in fake blood.

Well, he should, right? He's five. He should hate that.

I'm still trying to wrap my head around the fact that the guy who delivers the wood and the axe doesn't know how to use it.

I know, I know. He just dropped the logs off and was like, "I think you kind of do it like this." I was like, "Oh great. I'll figure it out."

I wanted to talk a little bit, briefly about time travel...

Nerd.

Yes, yes. I am. Did you guys spend any time off-screen actually trying to wrap your heads around time travel?

I mean, I never get too wrapped up in the technological stuff. I don't really geek out for that stuff. I'm not the best person to nerd out with over time travel.

Exclusively online

Visit metronews.ca/scene to see our video interview with Emily Blunt.

Beth Ditto looks back on her career, and forward to even more success

Outspoken, and proud of it. Gossip singer credits her long years with the band for the steady evolution and maturity of their sound

JÉRÔME VERMELIN
Metro World News in Paris

Gossip singer Beth Ditto is a dedicated fan of David Bowie, Whoopi Goldberg, Lauryn Hill and ABBA. GETTY PHOTO

Beth Ditto doesn't mince her words. Gossip fans love the 31-year-old both for her sensual voice and her feistiness. Ditto is openly gay and 100 per cent comfortable with her curves. Her life has been one extraordinary journey, which she reflects upon in her upcoming biography, Coal to Diamonds.

Is it fair to say you now have the career of your dreams?
I think so. It's incredible to still be a part of Gossip. We grew up together, and the people we work with are real friends. I've spent half of my life in this group. When we first started we were a small punk rock band and now, we're living these incredible experiences. We still get excited about that. But we're also very tired…

Gossip seems to change its look and sound with every new album. Has this got something to do with your musical influences?
I'm obsessed with David Bowie. Did you know that?

I did think you were...
You and I, we're going to go meet him. Let's share our connections. Lately, I've felt really inspired by David Bowie. I spent my life listening to his music, but it's only now I realize how much he's inspired me. Rediscovering artists is almost more amazing than discovering new ones. Bowie's lyrics are beautiful – he's both an eccentric and a gentleman.

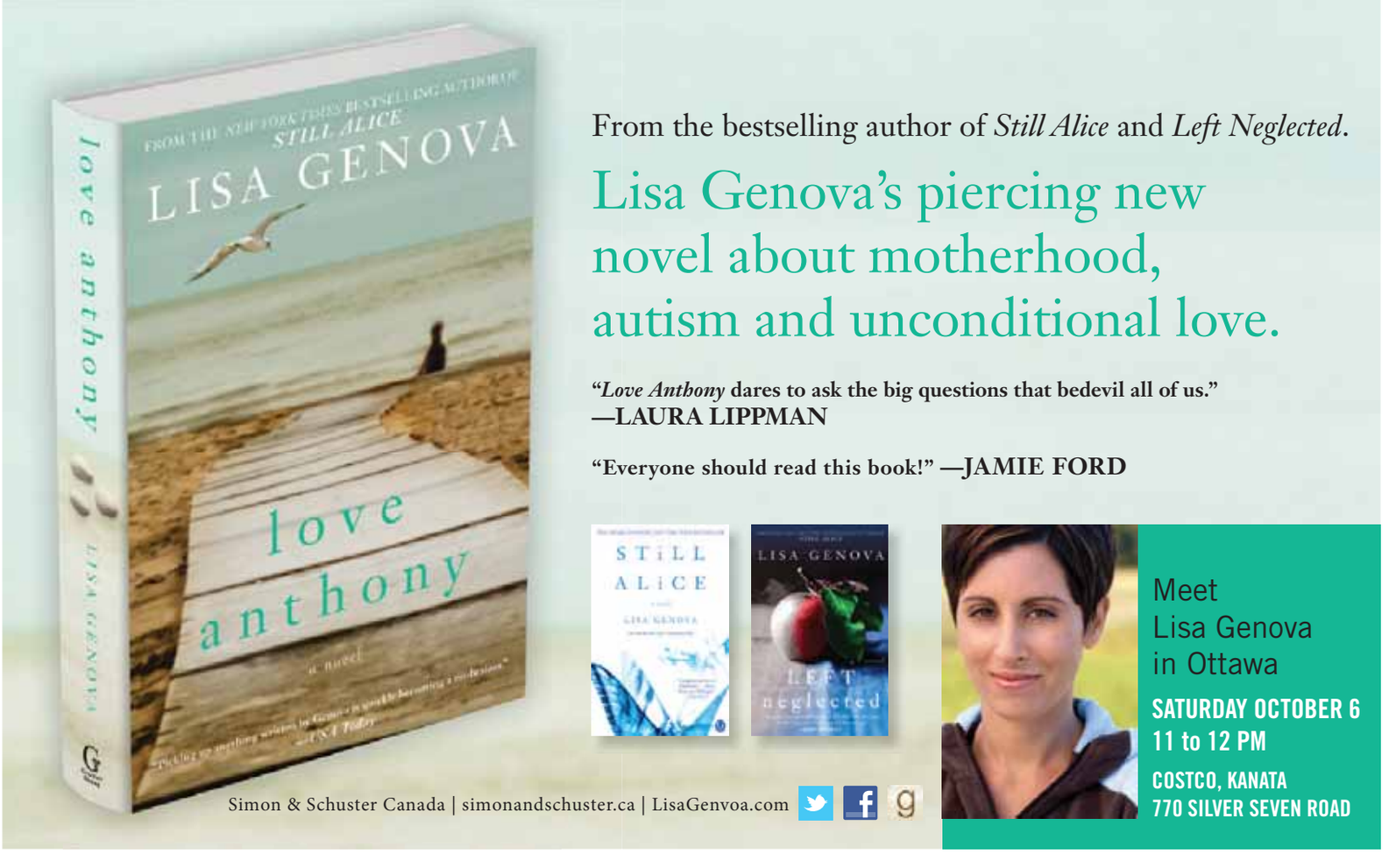
He's super creative and his music is stunning. But the people that have inspired me most are close members of my family including my mother and sister. Musicians such as Tobi Vail and actresses, such as like Whoopi Goldberg have also inspired me.

You do know Whoopi is in Paris at the moment, for the premiere for Sister Act...
Whoopi Goldberg is in Paris! Are you kidding me (turns to her team)? Call my manager, I have to see her! Did you know that Sister Act 2 is my favourite movie?

Number 2? Not number 1?
Number 2 is cooler. And Lauryn Hill is in it! Whoopi Goldberg is incredible, I watch her talk show back in the states and I truly believe that woman is the voice of reason.

ABBA heavily influenced your last album, A Joyful Noise. Did this surprise the original Gossip fans?
All the groups that I love, even the most punk ones like the Germs, all love ABBA. The beauty of being in your 30s is that you have this ability to come to terms with groups that influenced you in your youth. You're proud of the music you listened to in the past. Some say we're no longer relevant, I say we're just at an age when we're comfortable with who we are.

As the lead singer of Gossip, do you like reading gossip and celebrity magazines?
It depends on the celebrity. If its about me, I love it! There's nothing better than being able to read a load of bulls— that's been written about me. Ironically, the true story is usually much worse than the version reported by the magazine. Unfortunately, people tend to believe what's written in the papers — even my girlfriend!


From the bestselling author of *Still Alice* and *Left Neglected*.
Lisa Genova's piercing new novel about motherhood, autism and unconditional love.
"*Love Anthony* dares to ask the big questions that bedevil all of us." —LAURA LIPPMAN
"Everyone should read this book!" —JAMIE FORD
Meet Lisa Genova in Ottawa
SATURDAY OCTOBER 6
11 to 12 PM
COSTCO, KANATA
770 SILVER SEVEN ROAD
Simon & Schuster Canada | simonandschuster.ca | LisaGenvoa.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katie Holmes

Pacey picks up: Holmes dials Dawson's co-star

So what's one of the first things Katie Holmes did after splitting with husband Tom Cruise? Reconnect with old friends. Former Dawson's Creek co-star Joshua Jackson confirms that he recently heard from Holmes in an interview on George Stroumboulopoulos Tonight. Jackson, who was rumoured to be linked romantically to Holmes years ago, says they had a "very nice" chat. "Like any old friend, it was like, 'Oh hi, how are you? What's going on?' 'I had a kid,'" he says. "I was very nice, actually."

Bradley Cooper

Did a night at the movies rekindle this romance?

Bradley Cooper and his The Words co-star Zoe Saldana are fueling suspicion once again that they're more than just friends, looking quite cosy after taking in a movie together in Los Angeles over the weekend, according to People magazine. The pair first sparked romance rumours while filming their indie drama and then again in January at the Sundance Film Festival, where they were "being very affectionate."

Twitter

@joelmchale
Dear Sun, We get it. You're awesome and powerful. Please stop. Love, Los Angeles.

@MissKellyO
Although Im working 14 hour days while I am here I bloody love being home!

@AlbertBrooks
I just thought of the world's funniest tweet.

@SofiaVergara
I party Like a mermaid!

The Word

How does John Mayer do it?

THE WORD
Dorothy Robinson
scene@metronews.ca

John Mayer's little black book reads like a who's who of GQ magazine covers: There's Jennifer Love Hewitt, Jessica Simpson, Jennifer Aniston, Minka Kelly, Taylor Swift, and, most recently, new divorcee Katy Perry.

But Perry's friends are worried about the singer due to Mayer's lady killer reputation, according to Radar Online. Sources say her pals are urging her to end it with Mayer before she gets too attached. "Katy's friends and family haven't taken to John at all. In fact, they are worried that she is headed for heartbreak," a source says. "Despite the fiery image Katy likes to present, she's actually more fragile than that, and when John dumped her a few weeks after they first got together she was devastated. Now that she has invested more feelings in John and has let her guard down, there's only one way this can end — in disaster."

Disaster — or an eventual song about Mayer and his heartbreaking ways. Or, depending on how you feel about Katy Perry's singing, it could be both.

Billie Joe Armstrong ALL PHOTOS GETTY IMAGES

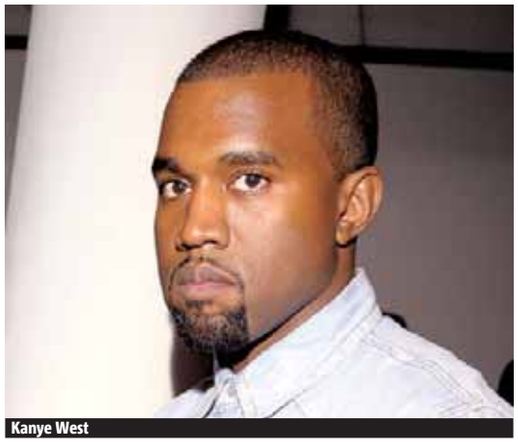
He doesn't want to be an American idiot: Billie Joe heads to rehab

Green Day frontman Billie Joe Armstrong stunned a Las Vegas audience over the weekend with a guitar-smashing outburst after being told to wrap up his band's set. Instead, he flew into a rage, smashed his guitar, yelled at the audience and stormed off the stage. Now, it turns out it wasn't just a simple tantrum, as Armstrong is headed to rehab. "Green Day's Billie Joe Armstrong is seeking treatment for substance abuse," the band's rep said in a statement Sunday. "Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

All-star apology

"Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

Representative for Green Day



Kanye West

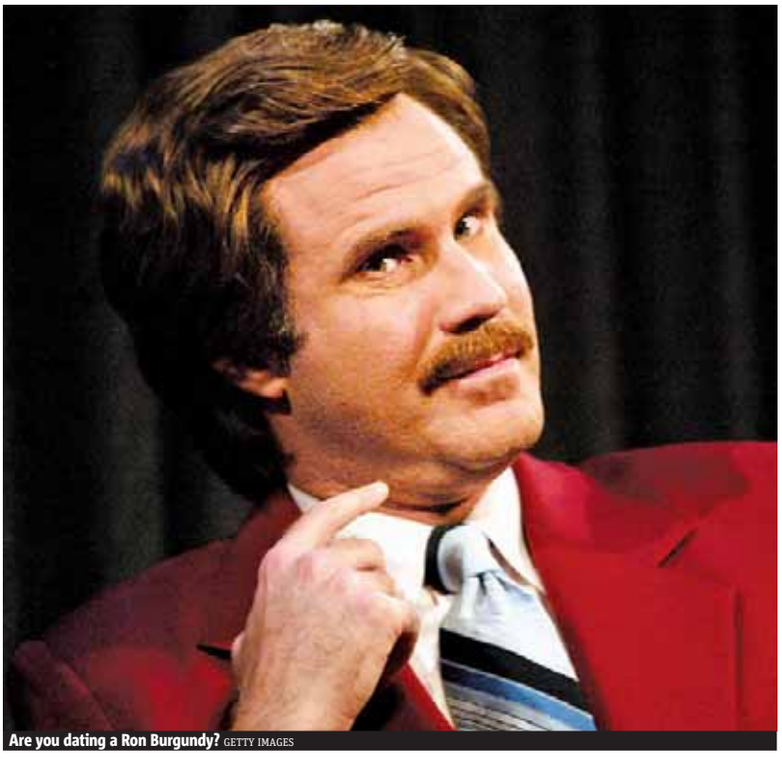
Lawyers putting the kibosh on Kanye tapes?

It looks like there could be some truth to the rumours of a Kanye West sex tape — or two, even — now that lawyers for the rapper have sent out a cease-and-desist letter to multiple media outlets demanding they take down posts featuring a screen shot allegedly from the video, according to AllHipHop.com. "Be advised that the screen shot, as well as the tape from which the screen shot was taken, were illegally obtained and believed to have been stolen from Mr. West's computer," West's attorney writes in the letter. And according to TMZ, there's a second sex tape featuring the rapper being shopped around. "Both tapes are impressively long. The first is roughly 20 minutes," source tell the website. "The second is more than 40."

Are you dating a narcissist?

Quiz. Your new guy seemed confident, loving and outgoing, until he slowly became critical, jealous and self absorbed

ROMINA McGUINNESS
life@metronews.ca



Are you dating a Ron Burgundy? GETTY IMAGES

Confidence. It's attractive in a man. But when dating, sometimes it's hard to determine where his healthy ego starts and narcissism begins. Is your man in love with you? Or himself? Or rather, does this sound familiar?

"Initially, you buy into this inflated image," says Gail Saltz, a psychoanalyst from New York. "But eventually, you come to realize the difference between confidence and insecurity covered over with swagger."

We asked the experts where this behaviour comes from.

"Narcissism stems as a reaction to a home environment where a child wasn't allowed to develop an autonomous self," posits Sam Vaknin, author of Malignant Self-Love. "The child creates a 'false self' who is everything that the narcissist is not, but would like to be. Narcissism is a shell and inside there is a huge void. The narcissist does not know what it means to be himself — and as a result, has zero empathy."

To help, we put together a small quiz to help you figure out if your super 'awesome' and confident guy is a narcissist.

Quiz: Are you dating a narcissist?

1. By the end of your first date together you are:
A: Still trying to get over the fact someone so cool, attractive, successful and exciting wants to date you.
B. Whoa! Chill out — you're still not sure if there's going to be a date two.
C. The love of his life.

2. He uses the back of his iPhone as:
A. A mirror — he checks himself out every two seconds.
B. A ruler (hopefully not to rack out lines of cocaine).
C. A shrine to you. He's stuck a giant photo of you on it.

3. Sex is:
A. Less about your pleasure in the moment than his aggrandizement. It's all about his amazing body, crazy moves and his swagger.
B. Fair play: You both give and take.
C. Mind-blowing, mostly because he makes it all about you.

4. His group of friends….:
A. He fell out with his closest friends before you met. The ones he has now are like the hangers-on in Entourage.
B. Game of Thrones meets How I Met Your Mother meets Gossip Girl. Full of drama, hate, sex, lies, backstabbing — but mostly love.
C. Super tight. They've been friends since school and share spreadsheets to plan holidays and nights out.

5. He's cheated on you…:
A. Three to four times. That you know of.
B. You both sort of cheated once — but it was a Ross-Rachel thing. You were on a break.
C. He panics every time someone hits on him, let alone tries to kiss him.

6. The two of you bump in to your (hot) ex:
A. He immediately picks a fight because your ex looked you 'in the eye' and threatens to beat him up if he ever comes near you ever again. You, the ex's wife and his kids all witnessed the scene.
B. He just feels sorry for the guy. He doesn't know what he's missing out on since he's no longer with you.
C. He manages an awkward smile but he's so pale and stressed out it looks like he's about to pass out.

7. You've just been made redundant and you come home sobbing:
A. He tells you to get a grip, turns on the TV and spends the whole evening complaining about his lame $4,000 bonus and imminent pay raise.
B. He reminds you that you hated your job and wanted to quit anyway. At least this way you'll get a good payoff.
C. He helps you spruce up your CV, agrees to watch The Notebook without complaining and books you a spa weekend using his bonus money.

8. He spends his spare cash on:
A. Flashy cars, nights out, expensive watches, gadgets (he's on the waiting list for the iPhone 5). He updates his wardrobe every season, and yours. He doesn't want you cramping his style.
B. Fixing up his beat up car, beer and pizza.
C. You.

9. Your phone rings in the middle of the night:
A. You look out the window and see him standing on your doorstep: you didn't text him back so he's come to find out why.
B. Nothing major, just a bootie call.
C. You forgot your USB key at his house, the one with the presentation for those potentially huge clients. He's here to return it.

10. You say: Honey, that polka-dot shirt is a little too much:
A. How dare you question his taste? He goes mental at the fact that you've contradicted him and spends the rest of the night sulking. You get the message; never criticize him. Ever again.
B. But he totally digs his spotty shirt! There's no way he's changing.
C. He changes into the shirt your mother (i.e. you) gave him last Christmas.

SCORES:

If you scored a majority of A's
The narcissist boyfriend: Your boyfriend sounds like he could be a narcissist. That or he's so selfish he doesn't really care about you and your needs.

If you scored a majority of B's
The super chilled boyfriend:
You're dating a no-nonsense dude. He's chilled and cool.

If you scored a majority of C's
The love struck boyfriend: Your boyfriend is so in love with you that you don't need to worry about him being a narcissist. If anything, he should think about his needs a little more.

By the numbers

3

Narcissism is three times more common in men than in women.

3 LIFE

On the web

Qriket

Health agencies aim to address the problem of providing health services to the Roma

CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE
Aesthetic, Implant & Family Dentistry Since 1983
STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS
613-230-7475 • 2nd Level • Rideau Centre
Check out our weekly blog at
www.rideaudental.ca
THIS WEEK: Getting to the Root (Canal) of the Problem

CELEBRATE LIFE. SUPPORT THEIR FIGHT.

Show your support for a loved one who is fighting cancer. Create a personalized page in which their strength, resilience and courage can be celebrated.

CÉLÉBREZ LA VIE. APPUYEZ SON COMBAT.

Démontrez votre soutien à un être cher qui lutte contre le cancer. Créez un espace personnalisé où vous pouvez célébrer sa force, sa résilience et son courage.

www.celebratelifetributes.ca

Canadian Cancer Society / Société canadienne du cancer

Arthritis not just an elderly ailment anymore

Health care. More than four and a half million Canadians are affected by the disease, and experts expect that number to rise

CELIA MILNE
life@metronews.ca

Experts expect the number of Canadians who suffer from arthritis to double within a generation. ISTOCK PHOTOS

Linda Wilhelm was only 23-years-old — with a newborn baby and a two-year-old — when she was diagnosed with rheumatoid arthritis.

The disease hit her hard. She would eventually need two knee and two shoulder replacements, a new hip, an ankle fusion, a wrist fusion and an artificial elbow.

While her suffering has been more dramatic than most, her story is familiar to many.

She bounced from doctor to doctor, and no one had a care plan for her. More than 30 organizations involved in arthritis hope to change that. Last week, they launched a new national framework called the Joint Action on Arthritis.

It is designed to coordinate arthritis efforts around the country, improve prevention and care, raise awareness of the disease, and strengthen research dollars. Wilhelm, a mother of three and a grandmother living in Midland, N.B., told her story at the Calgary launch, and was optimistic.

"I'm excited to see the launch of this framework, so nobody will fall through the cracks in our health care system."

Approximately 4.6 million Canadians are directly affected by arthritis, and many of them are young.

"Within a generation," says Dr. Dianne Mosher, president of the Arthritis Alliance of Canada and a Calgary rheumatologist, "the number of Canadians with arthritis will double, to the point that one in four of us will join the ranks of those suffering."

In future, patients will receive care from a team — doctors, nurses, and other experts — all in one clinic.

Discover More at Everest College

Everest College is a place where you can realize your potential for a new career in **Law Enforcement Foundations.**

Find out how you can achieve more with **Everest College.**

Some law enforcement professions in Canada have specific educational and physical requirements for employment. Those considering enrolling in the Law Enforcement Foundations program should become familiar with the qualifications for entry-level positions with individual organizations. If you have a criminal record, it may be difficult to find employment in this industry.

Ottawa East • Ottawa West

16 Convenient Locations in Ontario

Everest College is the largest private career college in Ontario with more than 9,000 enrollments in Ontario annually.

Everest COLLEGE

BUSINESS • TECHNOLOGY • HEALTH CARE

• Career services assistance available to graduates • Morning and afternoon classes available
• Programs and schedules vary by campus

Call Now for More Information! 1-877-421-7677

Visit us online at www.EverestCanHelp.ca

UNIVERSITY OF OTTAWA HEART INSTITUTE
INSTITUT DE CARDIOLOGIE DE L'UNIVERSITÉ D'OTTAWA

Attention Smokers

ARE YOU READY TO QUIT?

Researchers at the University of Ottawa Heart Institute are seeking participants for a clinical research study that may help them quit smoking.

If you are a daily smoker, are interested in quitting and are willing to use Health Canada approved quit smoking medications, you may be eligible.

For more information please contact us at the Heart Institute Prevention and Wellness Centre.

613-761-4040
quit@ottawaheart.ca

This study has been reviewed and approved by the University of Ottawa Heart Institute Human Research Ethics Board.

Best Health

Check out the buzz-worthy foods

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Coconut water is one of the buzz-worthy foods. ISTOCK PHOTOS

In the October issue of Best Health magazine — our annual Eat Well issue — dietitian Matthew Kadey looked into some of the foods that are causing a buzz lately. Here are a few.

Coconut water
A growing list of Hollywood celebs are raving about it, and more and more stores are carrying it. Coconut water is extracted from young coconuts and has only small amounts of sugar. Not to be confused with higher-fat coconut milk, coconut water is fat-free, tangy but slightly sweet and is full of the electrolyte potassium, which lowers blood pressure. In fact, just one cup of it has more potassium than a banana.

Avocado oil
It contains lutein, which helps promote healthy vision, and has a higher smoke point than olive oil so it works well for higher-temperature cooking such as stir-frying. Plus, more than 70 per cent of the calories in this buttery, green-tinged oil come from monounsaturated fat. This helps boost HDL (good) cholesterol.

Hemp beverage
Made by blending hemp seeds with water, this drink has a nutty flavour. Among non-dairy drinks including soy, almond and rice, hemp provides the most omega fats, which improve health. (However, soy has more protein.) Hemp is also a natural source of iron.

For more new foods look for the October issue of Best Health magazine, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Rejuvenate your tired, aching legs!

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.

Dr. Lucie Beaupré
American Board of Phlebology Certified

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com

You Belong Here.

The Soloway JCC is home to a first rate fitness centre, saltwater pool, free fitness classes plus Yoga, Pilates, Kettlebells, SpinFit, Heart Wise Exercise Programs and Specialty Fitness Classes for Children and Teens.

Come in today for a free tour and see why this is the place for you.

Join during the month of September and save on Membership* and Personal Training!

*Annual Memberships only. Must not have been an annual member in the past 12 months.

Soloway JCC | 21 Nadolny Sachs Private
One block south of Carling off Broadview
613-798-9818 EXT. 235

SolowayJCC
jccottawa.com

Tex Mex Chili's lighter side

ROSE REISMAN
for more, visit
rosereisman.com

This is a lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment and you can add diced avocado to the list of garnishes.

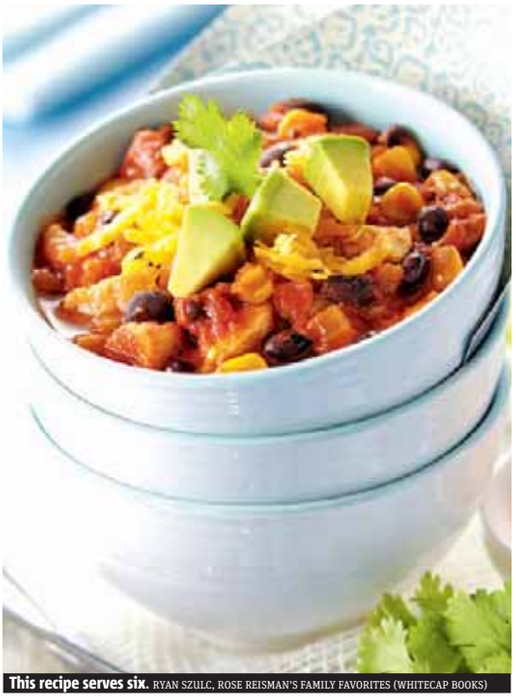
Ingredients

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce
- 3/4 cup chicken (or beef) stock
- 1 tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper
- pinch of salt and pepper
- 1/4 cup chopped cilantro
- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a non-stick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.

2. Respray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.

3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens.



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

4. Serve the Tex Mex chili in bowls, and garnish with cilantro, aged light cheddar cheese and sour cream.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Spice it up!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Here's a fancy new word for you: ORAC value. ORAC stands for the oxygen radical absorbency capacity of a food.

The leading theory in aging and age-related illness is the free radical damage that occurs when cells turn over during the normal course of taking care of their business.

Adding high ORAC foods is your best defence to reduce that damage and fight aging and illness.

Dark leafy greens, green tea and intensely coloured fruits are great but go beyond with the top six spices that have been shown to do the trick.

1. Cloves
2. Cinnamon
3. Rosemary
4. Oregano
5. Thyme
6. Turmeric

Most of these are in your pantry and you likely use them once a week (turmeric is in curry powder), but you'd be wise to work them all in daily.

Add cloves and/or cinnamon to your morning coffee, any type of yogurt or oatmeal.

Add fresh or dried herbs like rosemary, oregano and thyme to every soup or salad you have for lunch. They can also be added to pasta sauce.

If you are not a curry lover, think about turmeric capsules in your morning handful of supplements.

What's one more?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Apple Empanadas. Replace beef for a dessert

1. In a large bowl, whisk together flour and salt. With pastry blender, cut in lard until mixture is in very fine crumbs.

2. Whisk 1 egg with milk; pour over flour mixture stirring until it clumps together. Turn out onto floured surface and knead to form soft dough. Wrap and refrigerate for 30 minutes. (Can be refrigerated for up to 2 days.)

3. Filling: In a bowl, stir together apples, sugar, flour, cinnamon and nutmeg.

4. Divide dough into 12 pieces and form into balls. On a lightly floured surface, roll each into a 15-cm (6-inch) circle. Spoon about 75 ml (1/3 cup) of the filling onto half of each circle, mounding slightly.

5. Fold other half over and press to seal (floured fork works well). Arrange on 2 greased baking sheets. Beat remaining egg; lightly brush over tops. Bake in a 190 C (375 F) oven until golden, 25 mins. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

Empanadas
- 750 ml (3 cups) all-purpose flour
- 2 ml (1/2 tsp) salt
- 125 ml (1/2 cup) lard
- 2 eggs
- 175 ml (3/4 cup) milk

Apple Filling
- 1 l (4 cups) coarsely diced peeled apples
- 125 ml (1/2 cup) granulated sugar
- 30 ml (2 tbsp) all-purpose flour
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) grated nutmeg

Pork and Bean Burritos make the ideal on-the-run dinner

Prepare these pork and bean burritos ahead and have them ready to take for a supper on the run as busy fall activities swing into place.

Use your favourite bean variety such as black, white or kidney beans.

Ingredients

- 500 g (1 lb) lean ground pork
- 5 ml (1 tsp) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 20 ml (4 tsp) chili powder
- 30 ml (2 tbsp) tomato paste
- 1 can (540 ml/19 oz) beans (no salt added), drained and rinsed
- 250 ml (1 cup) sodium-reduced chicken broth
- 1 red pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 45 ml (3 tbsp) chopped fresh cilantro
- 6 large whole-grain flour tortillas (each 47 g)
- 75 ml (1/3 cup) shredded light cheddar cheese (optional)

This recipe serves six. THE CANADIAN PRESS H/O

1. In large non-stick skillet, cook pork over medium-high heat for about 8 minutes or until no longer pink. Scrape meat into colander to drain. Set aside.

2. Return skillet to medium heat and put oil on it. Add onion, garlic and chili powder; cook for 2 minutes. Add cooked pork and tomato paste and cook, stirring for 2 minutes. Add beans, broth, red pepper, jalapeno and cilantro and cook, stirring, for about 8 minutes or until liquid is absorbed.

3. Dividing mixture evenly, place along centre of each tortilla and sprinkle with cheese, if using. Fold ends in and roll up.

4. Toast burritos in a non-stick skillet over medium heat, turning once, for about 4 minutes or until golden on both sides. THE CANADIAN PRESS/ ONTARIO PORK PRODUCERS.

Denting cars

And that's why you always leave a note!

What is the correct etiquette when my kids fling open their car doors and damage/dent the car next to me? Can I please just ignore it and tell my kids to never do that again, or do I seriously have to write a personal note and pay for the damage?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well I suspect you know my answer, especially since I just bought a brand new car two weeks ago.

Yes if your kids dent a door you should leave a little note, and do your best to teach your kids to be careful.

Now I know lots of you will write and say, just don't worry about it; dents and scratches happen all the time and nobody leaves a note. But remember, your question was "what is the correct etiquette?" Now what do most people do?

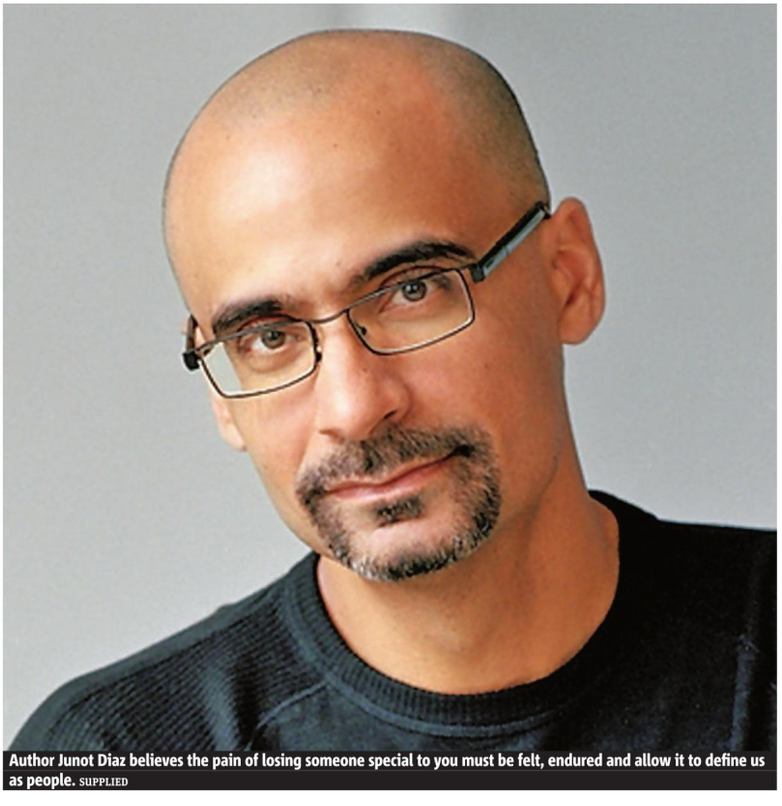
They pretend they did not see what they did, close their own car door and walk away!

So my final word is just do your best to be careful, but remember little scratches and accidents do happen, and this is life.

Ask yourself: What is the right thing to do? ISTOCK IMAGES

Pulitzer-Prize-winning author Junot Diaz muses on modern love

GINA ANGELOTTI
Metro World News in New York



Author Junot Diaz believes the pain of losing someone special to you must be felt, endured and allow it to define us as people. SUPPLIED

As tales of relationship redemption go, each of the nine relatable short stories in Junot Diaz's consummate collection, This Is How You Lose Her, triumphs.

In nonlinear vignettes of brotherly, paternal and romantic love, his characters — who dig themselves into holes and then must grin through the grit and bear it — remind us of the power of self-preservation.

While not explicitly present in every story, Yunior — aged five, 15, 20 and 30-something — is at the core of them. As "the most awesome ex-boyfriend in the world" but a "terrible boyfriend," he never comes out the victor in a traditional sense, but he proves to be a survivor, continuously learning from his mistakes.

What are the roots of his indiscretions and inadequacies? Diaz suggests that immigrating to the U.S. from the Dominican Republic and witnessing death at an impressionable age contribute to Yunior's commitment-phobia.

"Part of the art (of writing) is not to look at the most obvious answer," Diaz says. "When I think of what's wrong with Yunior, I think: make a list of the things he's lost."

That laundry list — not limited to losing his brother to cancer, his own youth to the responsibilities that beckon afterward and his girlfriends to his vices — doesn't excuse Yunior's flawed, sometimes chauvinistic behavior.

But Diaz doesn't judge or shame him for it either; rather he acknowledges that the person hurt most by a cheater is himself. We sympathize with Yunior, transgressions and all.

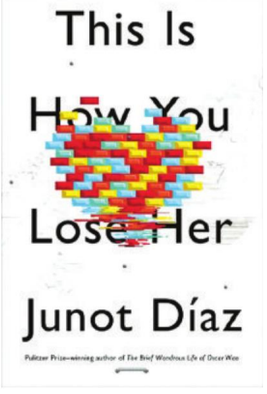
Through interrogative second-person narration and colloquial language peppered with Spanish, the Pulitzer Prize-winning author authentically captures Junior's cultural and emotional dualities.

We get real with Diaz about falling in love — and getting back up again.

How did you tap into Yunior's various life stages, which feel raw and identifiable?

I wish that I could say that I had a secret or that it came easily, but what ends up happening is that I spend a lot of time steeping in my characters, steeping in their moments.

And in fact, I always think that I could do better.



Having written a character who repeatedly fails at monogamy, do you yourself believe in it?

I think it's difficult, but I think: God, what isn't difficult? Given how easy it is in our culture to jump out, it makes that struggle all the more difficult.

I think the debate is how honest we can be with ourselves with other people. Most of the time we just hurt the other person rather than talk to them. Don't you think a lot of our views of the world are not very clear-minded, that we tend to be thinking from our place of hurt?

We're hurt, so we tend to have a more shrunk-down, impoverished view.

In your final story, you poignantly say the half-life of love — the length of time it takes to let go when a relationship ends — is forever. Have you at least found an effective prescription for moving on?

Heartbreak is one of our great challenges, and enduring it really defines our character. My feeling has always been, if you're in pain, the only thing that you can do is feel it. If you're overwhelmed by loss, the only thing you can do is be overwhelmed. It's sort of simplistic, but I've never found anything else that worked.

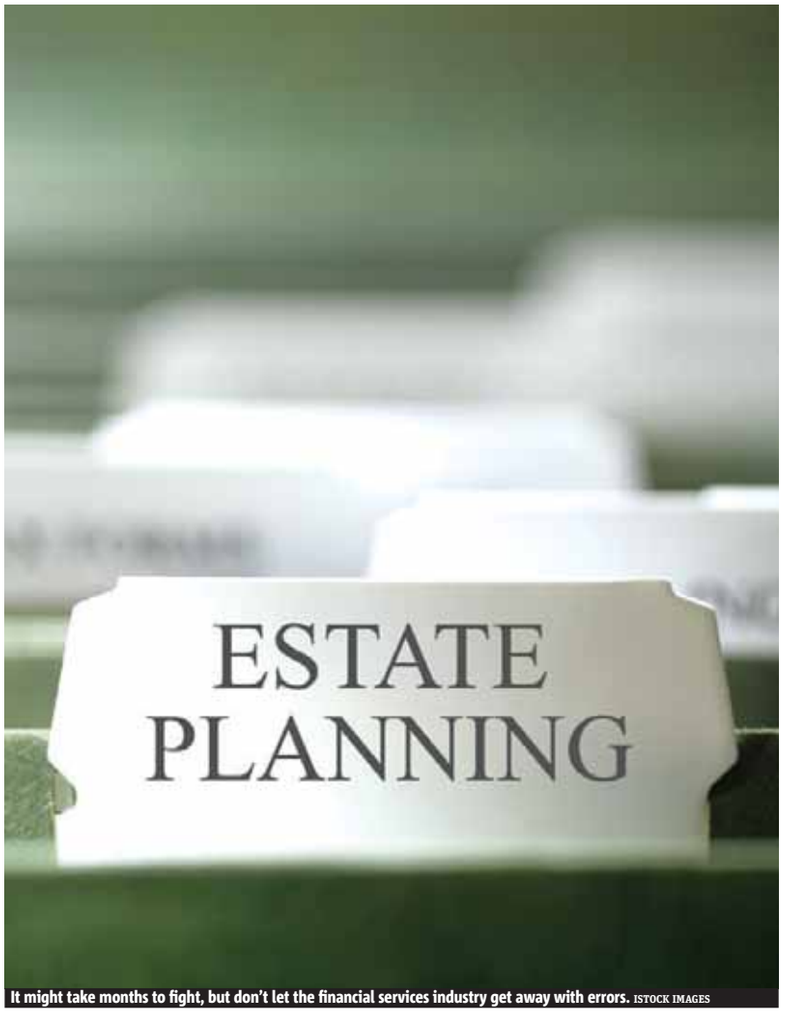
Weekend Masons

Our mission is to restore yesterday's work, to today's standards!

We are a group of independent, highly skilled Certified Bricklayers and Stonemasons that work for ourselves on weekends! We have regular 40 hr/wk jobs... building our city's major projects: hospitals, schools, water treatment plants, hotels and residential homes. On weekends we offer our skills to you!

NEW!
- Repair and replacement of concrete garage floors
- Building and repair of chimneys and fireplaces
- Repointing and repair of masonry work
- Replacement of spalled and damaged bricks
- Repair and replacement of landings and steps
- Crack repairs, removal of efflorescence's & stains
- Natural stone masonry
- Renovation and block work
- Window sill repair and replacement
- Parging
- Waterproofing, damp proofing of foundations

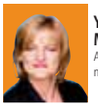
We are clean, reliable and take pride in performing quality works.
WE PROVIDE FREE CONSULTATION AND ESTIMATES
For more info, contact: Mitch or Ken
(613) 799-7940 (Code #1)
www.WeekendMasons.com
info@WeekendMasons.com
Quality & timelessness are found in structures built with brick and stone. But after years in our harsh Canadian climate, masonry needs a little refurbishing due to weathering.



It might take months to fight, but don't let the financial services industry get away with errors. ISTOCK IMAGES

Dig your heels in: You too can win a battle against the big banks

Alison's Money Rule.
If you feel something is unfair at your financial institution, put up a fight!



YOUR MONEY
Alison Griffiths
money@metronews.ca

I won! Maybe you can't fight city hall but you can fight battles (and sometimes win) against the financial services industry. Here's the back-story.

My dear old Dad died in January at 89. I am his executor. Because the estate was less than $25,000 in total, there was no need to probate the will.

Dad had a couple of bank accounts, a Registered Retirement Investment Fund (RRIF) and a small investment account at Canadian ShareOwner Investments Inc. (CSI) where he liked to dabble in the stock market.

Dad also had a bunch of pensions and a small life insurance policy. The pension and insurance people were cooperative and prompt as I went through the sad process of saying a financial goodbye to my father.

I expected the same from CSI, RBC, CIBC and TD Canada Trust. Au contraire. There isn't enough room here to outline all the time wasting mistakes, roadblocks, and bafflegab I experienced.

The institutions all had notarized copies of the will, death certificate, witnessed proof of my identity and a letter of direction from me, the executor, about what I wanted done with his accounts.

Even so, I was asked to sign and have notarized various "internal" affidavits in order to close any of his accounts or make transactions. CIBC refused to open an estate account because my father did not bank there, though I have for over 30 years.

I could have gone to RBC where my father banked but after four significant errors, including an unauthorized $8,000 debit which took time and energy to reverse, I wasn't going near the place.

My lawyer, who specializes in estates, made it clear that CIBC had no legal grounds to refuse me, and the so-called "required" affidavits were not necessary. A follow up with the Solicitor General's office confirmed his information.

I dug in my heels. It took nearly four months to go up the various ladders. I could have given in but the patriarchal and intransigent attitudes in the financial industry got me fighting mad.

In the end, I won. The banks and the Canadian ShareOwner acquiesced. The latter even waived a $150 fee.

The moral of the story is this: If you feel something is unfair at your financial institution, put up a fight — you might win.

What are probate fees?

Probate fees are imposed by the court and vary by province. Assets such as RRSPs and insurance are not included in the fee calculation.

Hey friend, you're busting my budget

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I have to agree with The Beatles that "The best things in life are free" including the richness we find in our relationships with friends and family members. But, for many Canadians, money is often spent to experience relationships — dinners, parties, coffees, gifts, travel and more.

Have you ever wondered what it costs to have friends?

I started thinking about this last week as I embarked on medical treatment that will ultimately heal my dislocated jaw resulting from a random hiking accident.

For the next few months I won't be able to enjoy dinners at restaurants or workout classes — both activities cost money and involve hanging out with my pals.

In one short week I've saved $100 because I've had to find other activities to do with my friends which involve eating at home, low-impact exercise like walking and renting movies rather than going out to a theater.

What do you spend to maintain your relationships? Could you be more frugal without compromising your friendships?

According to a poll conducted in July by Coupon Cabin, 20 per cent of respondents have felt pressured to keep up with friends in terms of spending on things like homes, cars, clothes, dining, travel and more. Nineteen per cent of respondents spend $500 or more per year on gifts and nearly 20 per cent have had to 'break up' with pals because of money related issues.

If you're social life is busting your budget try these suggestions.

Host pot-luck dinners and BBQs rather than eating at restaurants. Schedule coffee 'dates' rather than lunch.

Pull out your dusty board games or old movies and entertain at home.

If you like getting active, select free activities like walking, hiking, biking, running, football, baseball, or other sports. Rather than shopping for clothing and accessories, host a clothing swap over home made appetizers.

Ever wondered how much money it costs to have friends? ISTOCK IMAGES

If you're pals like to travel, challenge everyone to use loyalty points to pay for travel rather than cash. Take advantage of group discounts through online coupon sites like Groupon.

I'm not trying to suggest that you get rid of your friends so that you can save money.

Rather, as you invest time in enriching your relationships, inspire frugality amongst your friends.

Follow Lesley on Twitter @LesleyScorgie

Sports in pictures

1 Tennis. Wozniacki through to Round 2 in Japan

Caroline Wozniacki beat Bojana Jovanovski 6-0, 3-6, 6-4 to advance into the second round of the Pan Pacific Open in Tokyo on Monday. THE ASSOCIATED PRESS

2 Soccer. Terry's racism hearing begins

John Terry's racism hearing started on Monday, a day after the Chelsea defender quit England duty in protest of the case being pursued by the Football Association.

Terry was charged by the FA despite being cleared in court of racially abusing Queens Park's Anton Ferdinand during a Premier League match in October. THE ASSOCIATED PRESS

3 MLB. Nats tighten grip on NL East

The Washington Nationals crushed the Milwaukee Brewers 12-2 on Monday to cut their magic number for winning the NL East to just five games. THE ASSOCIATED PRESS

NHL. Oilers eye Seattle for possible relocation

With plans for a new arena in doubt, the Edmonton Oilers say they are considering a move to Seattle.

Oilers owner Daryl Katz, team president Patrick LaForge and Kevin Lowe, president of hockey operations, are in Seattle for meetings about a possible relocation to the city.

The Oilers said in a statement that while they hope to reach a deal with Edmonton on a new arena, the team is also listening to proposals from a number of potential NHL markets.

Seattle City Council approved hedge-fund manager Chris Hansen's plan for a $490-million US arena Monday that both sides hope will host an NBA and NHL team in the future.

The Oilers and the City of Edmonton had agreed on plans for a proposed $475-million cost-shared arena that would begin construction early next year.

But the arena and the Oilers' future in the city were thrown into doubt earlier this month when the team told councillors it wanted millions of dollars in new concessions from taxpayers. THE CANADIAN PRESS

NFL. Torn ACL puts Revis' season in doubt

The NFL's top shutdown cornerback likely will be shut down for the season.

Darrelle Revis has a torn anterior cruciate ligament in his left knee that will require surgery, a huge blow for the Jets that leaves coach Rex Ryan without his best defensive player.

A sombre Ryan stopped short of ruling Revis out for the season Monday, saying he just learned of the MRI results. But Revis will have to wait two or three weeks before surgery, Ryan said, and the recovery from an ACL tear is usually six to nine months. So the chances of Revis returning this season appear extremely slim. THE ASSOCIATED PRESS

Quoted

"It's something we have to overcome as a football team.... We're going to lose that presence."

Jets coach Rex Ryan on Darrelle Revis' injury

Jays' offence leaves Alvarez in the dark

MLB. 'We have to continue to battle,' Toronto skipper says after 7th-straight loss

Monday's game

Orioles	Blue Jays
4	1

The Blue Jays' final road trip of the season can't end soon enough.

Toronto's losing streak reached seven games Monday with a 4-1 loss to the Baltimore Orioles in the opener of a doubleheader.

The Blue Jays are winless during a journey that began with three games in Yankee Stadium, continued in Tampa and will conclude at Camden Yards. They have been outscored 46-17 during their seven-game skid.

"We can't run from what's taking place, and yet we have to continue to battle," Blue Jays manager John Farrell said.

Henderson Alvarez (9-14) gave up four runs, eight hits and three walks in 5 2/3 innings. He's 2-7 in his last 10 starts.

Alvarez fell behind by giving up a two-run homer to Adam Jones in the fourth inning and a solo shot to Ryan Flaherty in the fifth.

Speaking through an interpreter, Alvarez addressed the two drives saying, "Pitch to Jones was high changeup. He's a good hitter and he did what he was supposed to do with that pitch. The other kid, the second baseman, (I) felt like it was a good pitch and he did a good job with it."

Jones went 4-for-4 to help the Orioles move within a half-game of the AL East lead.

Baltimore (88-65) matched the division-leading New York Yankees in the win column. New York was scheduled to play at Minnesota on Monday night. THE ASSOCIATED PRESS

Adam Jones rounds the bases after hitting a two-run home run off of Toronto's Henderson Alvarez in Baltimore on Monday. PATRICK SEMANSKY/THE ASSOCIATED PRESS

NHL labour talks stuck in neutral

A face-to-face meeting between top officials from the NHL and NHL Players' Association wasn't enough to break their labour stalemate.

The sides spent almost five hours together Monday going over accounting for last season, but didn't emerge with any plan to resume collective bargaining talks. The topic wasn't even raised, according to representatives from each camp.

Nine days into the lockout, negotiations remain on hold with the owners and players entrenched in their positions.

"Obviously, we've got to talk before you can get a deal, so I think it's important to get the talks going again," said deputy commissioner Bill Daly. "But you also have to have something to say. I think it's fair to say we feel like we need to hear from the players' association in a meaningful way because I don't think that they've really moved off their initial proposal."

Steve Fehr, the NHLPA's special counsel, declined comment following the meeting.

Neither NHLPA executive director Donald Fehr nor commissioner Gary Bettman attended the meeting. But the two men were expected to take in an NHL alumni dinner Monday night where Daly suggested they may discuss resuming talks. THE CANADIAN PRESS

Quoted

"I think the league is waiting for us to make the move, and we're waiting for them to move. So someone has to move. And I don't see it coming from our end."

Red Wings forward Danny Cleary, predicting a prolonged lockout to the Detroit Free Press after an informal skate on Monday

4 SPORTS

Mobile sports

Qriket

The Ryder Cup is heading to Chicago for the first time and Luke Donald is the only "hometown" player. There's only one catch — Donald is English.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	88	64	.579	—
Baltimore	88	65	.575	½
Tampa Bay	83	70	.542	5½
Boston	69	85	.448	20
Toronto	66	86	.434	22

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	81	71	.533	—
Detroit	80	72	.526	1
Kansas City	70	82	.461	11
Minnesota	64	89	.418	17½
Cleveland	63	90	.412	18½

WEST DIVISION

	W	L	Pct	GB
Texas	90	62	.592	—
Oakland	86	66	.566	4
Los Angeles	84	69	.549	6½
Seattle	72	81	.471	18½

Monday's results
Baltimore 4 Toronto 1 (1st game)
Kansas City at Detroit
Toronto at Baltimore (2nd game)
Oakland at Texas
Cleveland at Chicago White Sox
N.Y. Yankees at Minnesota
Sunday's results
Minnesota 10 Detroit 4 (1st game)
Oakland 5 N.Y. Yankees 4
Boston 2 Baltimore 1
Tampa Bay 3 Toronto 0
Cleveland 15 Kansas City 4
L.A. Angels 4 Chicago White Sox 1
Texas 3 Seattle 2
Minnesota 2 Detroit 1 (2nd game — 10 inn.)
Tuesday's games — All Times Eastern
Cleveland (Kluber 1-4) at Chicago White Sox (Liriano 6-11), 2:10 p.m.
Kansas City (B.Chen 11-12) at Detroit (A.Sanchez 3-6), 7:05 p.m.
Toronto (Laffey 3-6) at Baltimore (J.Saunders 2-2), 7:05 p.m.
Tampa Bay (Price 18-5) at Boston (Buchholz 11-6), 7:10 p.m.
Oakland (Milone 13-10) at Texas (Darvish 16-9), 8:05 p.m.
N.Y. Yankees (P.Hughes 16-12) at Minnesota (Vasquez 0-2), 8:10 p.m.
Seattle (Er.Ramirez 1-2) at L.A. Angels (Greinke 5-2), 10:05 p.m.
Wednesday's games
N.Y. Yankees at Minnesota, 1:10 p.m.
Kansas City at Detroit, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
Tampa Bay at Boston, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Cleveland at Chicago White Sox, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	93	60	.608	—
Atlanta	88	65	.575	5
Philadelphia	77	76	.503	16
New York	69	83	.454	23½
Miami	66	87	.431	27

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	92	61	.601	—
St. Louis	82	71	.536	10
Milwaukee	79	74	.516	13
Pittsburgh	75	77	.493	16½
Chicago	59	94	.386	33
Houston	50	103	.327	42

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	89	64	.582	—
Los Angeles	79	74	.516	10
Arizona	77	75	.507	11½
San Diego	73	80	.477	16
Colorado	58	94	.382	30½

z-clinched playoff berth
x-clinched division berth

Monday's results
Washington 12 Milwaukee 2
Pittsburgh at N.Y. Mets
St. Louis at Houston
Arizona at Colorado
Sunday's results
Arizona 10 Colorado 7
Atlanta 2 Philadelphia 1
L.A. Dodgers 5 Cincinnati 3
Milwaukee 6 Washington 2
N.Y. Mets 3 Miami 2
Pittsburgh 8 Houston 1
San Diego 6 San Francisco 4
St. Louis 6 Chicago Cubs 3
Tuesday's games — All Times Eastern
Washington (Detwiler 10-6) at Philadelphia (Hamels 15-6), 7:05 p.m.
Miami (Eovaldi 4-12) at Atlanta (Medlen 9-1), 7:10 p.m.
Milwaukee (Fiers 9-8) at Cincinnati (Cueto 18-9), 7:10 p.m.
Pittsburgh (W.Rodriguez 11-13) at N.Y. Mets (McHugh 0-2), 7:10 p.m.
St. Louis (J.Garcia 5-7) at Houston (Harrell 10-10), 8:05 p.m.
Chicago Cubs (Rusin 1-2) at Colorado (J.De La Rosa 0-1), 8:40 p.m.
L.A. Dodgers (Beckett 1-2) at San Diego (Volquez 10-11), 10:05 p.m.
Arizona (Skaggs 1-3) at San Francisco (Lincecum 10-14), 10:15 p.m.
Wednesday's games
L.A. Dodgers at San Diego, 6:35 p.m.
Washington at Philadelphia, 7:05 p.m.
Miami at Atlanta, 7:10 p.m.
Milwaukee at Cincinnati, 7:10 p.m.
Pittsburgh at N.Y. Mets, 7:10 p.m.
St. Louis at Houston, 8:05 p.m.
Chicago Cubs at Colorado, 8:40 p.m.
Arizona at San Francisco, 10:15 p.m.

ORIOLES 4, BLUE JAYS 1

MONDAY AFTERNOON GAME

Toronto	AB	R	H	BI	BB	SO	Avg.
Lawrie 3b	3	0	1	0	1	1	.274
Rasmus cf	2	0	0	0	2	1	.226
Encarnacion dh	4	1	1	0	0	3	.280
Lind 1b	4	0	2	0	0	0	.238
R.Davis rf	4	0	1	1	0	1	.243
K.Johnson 2b	4	0	1	0	0	1	.225
Hechavarria ss	3	0	1	0	0	0	.252
Arencibia c	1	0	1	0	0	0	.223
Mathis c	2	0	0	0	0	1	.216
a-Y.Escobar ph-ss	2	0	0	0	0	1	.254
Gose lf	4	0	0	0	0	2	.213
Totals	**33**	**1**	**8**	**1**	**3**	**11**	
Baltimore	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
McLouth lf	4	0	2	0	0	2	.273
Hardy ss	4	0	1	0	0	1	.232
C.Davis rf	3	1	1	0	1	2	.264
En.Chavez rf	0	0	0	0	0	0	.208
Ad.Jones cf	4	2	4	2	0	0	.292
Wieters c	4	0	1	0	0	1	.251
Thome dh	2	0	0	0	2	0	.256
Mar.Reynolds 1b	3	0	0	0	0	2	.228
Flaherty 2b	3	1	1	1	0	1	.226
Andino 2b	0	0	0	0	0	0	.211
Machado 3b	3	0	0	0	0	0	.262
Totals	**30**	**4**	**10**	**3**	**3**	**9**	

Toronto	**000**	**000**	**010**	**—1 8 0**
Baltimore	**000**	**211**	**00X**	**—4 10 0**

LOB—Toronto 8, Baltimore 5. 2B—R.Davis (23), Wieters (27). HR—Ad.Jones (32), off H.Alvarez; Flaherty (5), off H.Alvarez. RBIs—R.Davis (39), Ad.Jones 2 (81), Flaherty (14). SB—McLouth (10), Ad.Jones (15). Runners left in scoring position—Toronto 6 (R.Davis 2, Lind, Gose, K.Johnson 2); Baltimore 3 (Flaherty 2, C.Davis). RISP—Toronto 1 for 9; Baltimore 0 for 5. GIDP—R.Davis, Y.Escobar, Hardy, Mar.Reynolds. DP—Toronto 2 (Hechavarria, K.Johnson, Lind), (Hechavarria, K.Johnson, Lind); Baltimore 2 (Hardy, Flaherty, Mar.Reynolds), (Hardy, Andino, Mar.Reynolds).

Toronto	IP	H	R	ER	BB	SO	NP	ERA
H.Alvarez L, 9-14	5⅓	8	4	4	3	6	89	4.91
Cecil	⅔	1	0	0	0	0	8	5.40
Frasor	⅓	0	0	0	0	2	9	3.35
Beck	1	1	0	0	0	1	15	5.84
Baltimore	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
S.Johnson W, 4-0	5	3	0	0	3	6	96	1.62
Patton H, 9	1	1	0	0	0	0	12	2.50
Tom.Hunter	1⅓	3	1	1	0	3	38	5.58
O'Day H, 12	⅓	0	0	0	0	1	4	2.35
Ji.Johnson S, 48	1	1	0	0	0	1	11	2.60

Inherited runners-scored—Cecil 1-0, Frasor 1-0, O'Day 2-0. IBB—off H.Alvarez (Thome). Umpires—Home, Chad Fairchild; First, Alfonso Marquez; Second, Tom Hallion; Third, Brian O'Nora.
T—2:43. A—0 (45,971) at Baltimore.

AUTO RACING

NASCAR SPRINT CUP SYLVANIA 300 RESULTS

SUNDAY
At New Hampshire Motor Speedway
(Start position in parentheses)
1. (32) Denny Hamlin, Toyota, 300 laps, 149.2 rating, 48 points.
2. (20) Jimmie Johnson, Chevrolet, 300, 116.9, 43.
3. (1) Jeff Gordon, Chevrolet, 300, 118.9, 42.
4. (12) Clint Bowyer, Toyota, 300, 112.6, 40.
5. (6) Kasey Kahne, Chevrolet, 300, 114.3, 40.
6. (15) Brad Keselowski, Dodge, 300, 97.4, 39.
7. (3) Tony Stewart, Chevrolet, 300, 107.3, 38.
8. (18) Joey Logano, Toyota, 300, 87.5, 36.
9. (4) Brian Vickers, Toyota, 300, 90.8, 36.
10. (8) Ryan Newman, Chevrolet, 300, 97.4, 34.
11. (16) Kevin Harvick, Chevrolet, 300, 98.2, 33.
12. (7) Paul Menard, Chevrolet, 300, 88.9, 32.
13. (14) Dale Earnhardt Jr., Chevrolet, 300, 82.3, 31.
14. (25) Matt Kenseth, Ford, 300, 87.6, 31.
15. (11) Jeff Burton, Chevrolet, 300, 79.3, 29.
16. (22) Regan Smith, Chevrolet, 300, 75.4, 28.
17. (9) Martin Truex Jr., Toyota, 300, 89.6, 27.
18. (13) Greg Biffle, Ford, 300, 80.1, 26.
19. (5) Carl Edwards, Ford, 300, 73.1, 25.
20. (17) Bobby Labonte, Toyota, 299, 68.9, 24.
21. (10) Sam Hornish Jr., Dodge, 299, 65.9, 0.
22. (24) Juan Pablo Montoya, Chevrolet, 299, 63.5, 22.
23. (19) Aric Almirola, Ford, 298, 65.6, 21.
24. (21) Marcos Ambrose, Ford, 298, 59.4, 20.
25. (23) Kurt Busch, Chevrolet, 298, 59.3, 19.
26. (29) Jamie McMurray, Chevrolet, 298, 58.7, 18.
27. (28) Landon Cassill, Toyota, 298, 53.6, 17.
28. (2) Kyle Busch, Toyota, 298, 94.5, 17.
29. (26) David Ragan, Ford, 297, 52.5, 15.
30. (34) David Reutimann, Chevrolet, 296, 47.6, 14.

NASCAR SPRINT CUP MONEY LEADERS

Through Sept. 24
1. Jimmie Johnson, $6,575,261
2. Matt Kenseth, $5,976,759
3. Denny Hamlin, $5,728,633
4. Tony Stewart, $5,433,300
5. Kyle Busch, $5,092,252
6. Brad Keselowski, $4,860,390
7. Greg Biffle, $4,731,148
8. Jeff Gordon, $4,705,091
9. Kevin Harvick, $4,589,263
10. Dale Earnhardt Jr., $4,581,470
11. Ryan Newman, $4,280,512
12. Carl Edwards, $4,276,822
13. Clint Bowyer, $4,260,120
14. Martin Truex Jr., $4,232,090
15. Jeff Burton, $4,193,390

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	12	8	4	0	332	337	16
Toronto	12	6	6	0	288	305	12
Hamilton	12	4	8	0	353	381	8
Winnipeg	12	3	9	0	235	377	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	12	9	3	0	317	222	18
Calgary	12	7	5	0	337	287	14
Saskatchewan	12	6	6	0	314	259	12
Edmonton	12	5	7	0	265	275	10

Week 13
Sunday's results
Montreal 31 Toronto 10
Saskatchewan 30 Calgary 25
Saturday's result
B.C. 19 Edmonton 18
Friday's result
Winnipeg 34 Hamilton 12
Week 14
Friday's game — All Times Eastern
Montreal at Hamilton, 7 p.m.
Edmonton at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 7 p.m.
B.C. at Saskatchewan, 10 p.m.

GOLF

WORLD GOLF RANKINGS

Through Sept. 24

1. Rory McIlroy	NIr	12.68
2. Tiger Woods	USA	9.69
3. Luke Donald	Eng	9.25
4. Lee Westwood	Eng	7.23
5. Justin Rose	Eng	6.51
6. Adam Scott	Aus	6.30
7. Bubba Watson	USA	6.17
8. Webb Simpson	USA	6.17
9. Jason Dufner	USA	6.00
10. Brandt Snedeker	USA	6.00
11. Louis Oosthuizen	SAf	5.69
12. Steve Stricker	USA	5.65
13. Dustin Johnson	USA	5.47
14. Keegan Bradley	USA	5.42
15. Matt Kuchar	USA	5.38
16. Phil Mickelson	USA	5.11
17. Zach Johnson	USA	5.08
18. Graeme McDowell	NIr	4.89
19. Sergio Garcia	Esp	4.82
20. Hunter Mahan	USA	4.79
21. Nick Watney	USA	4.62
22. Ernie Els	SAf	4.55
23. Jim Furyk	USA	4.13
24. Bo Van Pelt	USA	4.13
25. Peter Hanson	Swe	4.05
26. Ian Poulter	Eng	4.01
27. Rickie Fowler	USA	3.99
28. Paul Lawrie	Sco	3.94
29. Charl Schwartzel	SAf	3.87
30. Jason Day	Aus	3.83
31. Francesco Molinari	Ita	3.81
32. Martin Kaymer	Ger	3.70
33. Carl Pettersson	Swe	3.62
34. Bill Haas	USA	3.55
35. Nicolas Colsaerts	Bel	3.51
36. John Senden	Aus	3.35
37. Gonzalo Fernandez-Castano	Esp	3.35
38. David Toms	USA	3.15
39. David Lynn	Eng	3.07
40. K.J. Choi	Kor	2.88
41. Robert Garrigus	USA	2.77
42. Thomas Bjorn	Den	2.67
43. Geoff Ogilvy	Aus	2.65
44. Martin Laird	Sco	2.64
45. Fredrik Jacobson	Swe	2.64
46. Ryan Moore	USA	2.61
47. Rafael Cabrera Bello	Esp	2.58
48. Scott Piercy	USA	2.46
49. Aaron Baddeley	Aus	2.41
50. Bae Sang-moon	Kor	2.40

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	81	75
Buffalo	2	1	0	.667	87	79
New England	1	2	0	.333	82	64
Miami	1	2	0	.333	65	66

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Jacksonville	1	2	0	.333	52	70
Tennessee	1	2	0	.333	67	113
Indianapolis	1	2	0	.333	61	83

NORTH

	W	L	T	Pct	PF	PA
Cincinnati	2	1	0	.667	85	102
Baltimore	2	1	0	.667	98	67
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	3	0	.000	57	75

WEST

	W	L	T	Pct	PF	PA
San Diego	2	1	0	.667	63	51
Denver	1	1	0	.500	52	46
Kansas City	1	2	0	.333	68	99
Oakland	0	2	0	.000	27	57

WEEK THREE

Monday's result
Green Bay at Seattle
Sunday's results
Dallas 16 Tampa Bay 10
Chicago 23 St. Louis 6
Minnesota 24 San Francisco 13
Tennessee 44 Detroit 41, OT
Kansas City 27 New Orleans 24, OT
Cincinnati 38 Washington 31
N.Y. Jets 23 Miami 20, OT
Buffalo 24 Cleveland 14
Jacksonville 22 Indianapolis 17
Arizona 27 Philadelphia 6
Atlanta 27 San Diego 3
Oakland 34 Pittsburgh 31
Houston 31 Denver 25
Baltimore 31 New England 30
Thursday's result
N.Y. Giants 36 Carolina 7

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	47	54
Philadelphia	2	1	0	.667	47	66
N.Y. Giants	2	1	0	.667	94	65
Washington	1	2	0	.333	99	101

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	0	0	1.000	94	48
Tampa Bay	1	2	0	.333	60	67
Carolina	1	2	0	.333	52	79
New Orleans	0	3	0	.000	83	102

NORTH

	W	L	T	Pct	PF	PA
Minnesota	2	1	0	.667	70	59
Chicago	2	1	0	.667	74	50
Green Bay	1	1	0	.500	45	40
Detroit	1	2	0	.333	87	94

WEST

	W	L	T	Pct	PF	PA
Arizona	3	0	0	1.000	67	40
San Francisco	2	1	0	.667	70	65
Seattle	1	1	0	.500	43	27
St. Louis	1	2	0	.333	60	78

WEEK FOUR

Thursday's game — All Times Eastern
Cleveland at Baltimore, 8:20 p.m.
Sunday's games
Tennessee at Houston, 1 p.m.
San Diego at Kansas City, 1 p.m.
Seattle at St. Louis, 1 p.m.
New England at Buffalo, 1 p.m.
Minnesota at Detroit, 1 p.m.
Carolina at Atlanta, 1 p.m.
San Francisco at N.Y. Jets, 1 p.m.
Miami at Arizona, 4:05 p.m.
Oakland at Denver, 4:05 p.m.
Cincinnati at Jacksonville, 4:05 p.m.
New Orleans at Green Bay, 4:25 p.m.
Washington at Tampa Bay, 4:25 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Open: Indianapolis, Pittsburgh
Monday, Oct. 1
Chicago at Dallas, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	30	16	7	7	37	25	55
Chicago	29	16	8	5	42	34	53
New York	30	14	8	8	50	43	50
D.C. United	30	15	10	5	47	39	50
Houston	30	12	8	10	42	37	46
Columbus	30	13	11	6	36	37	45
Montreal	31	12	15	4	44	49	40
Philadelphia	28	8	14	6	29	33	30
New England	30	7	15	8	37	41	29
Toronto	30	5	18	7	34	55	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	30	18	6	6	62	36	60
x-Los Angeles	30	15	11	4	54	42	49
x-Real Salt Lake	30	15	11	4	40	34	49
Seattle	29	13	7	9	45	31	48
Vancouver	30	10	12	8	31	40	38
Dallas	30	9	12	9	35	38	36
Colorado	30	9	18	3	38	45	30
Portland	30	7	15	8	31	51	29
Chivas USA	29	7	15	7	21	45	28

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Philadelphia 3 Houston 1
D.C. United 1 Chivas USA 0
Colorado 2 Vancouver 2
Saturday's results
Montreal 0 Kansas City 0
Los Angeles 4 Toronto 2
Chicago 2 Columbus 1
New York 1 New England 1
Real Salt Lake 2 Portland 1
San Jose 2 Seattle 1
Friday's game — All Times Eastern
Chicago at Kansas City, 8:30 p.m.
Saturday's games
Toronto at New York, 7 p.m.
Philadelphia at Columbus, 7:30 p.m.
New England at Houston, 8:30 p.m.
Seattle at Vancouver, 9 p.m.
D.C. United at Portland, 10:30 p.m.
Real Salt Lake at Chivas USA, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.
Sunday, Sept. 30
Los Angeles at Colorado, 7 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
x-San Antonio	28	13	7	8	46	27	47
x-Tampa Bay	28	12	7	9	37	30	45
x-Puerto Rico	28	11	9	8	32	30	41
x-Carolina	28	10	8	10	44	46	40
x-Ft. Lauderdale	28	9	10	9	40	46	36
x-Minnesota	28	8	9	11	34	33	35
Atlanta	28	7	12	9	35	46	30
Edmonton	28	5	13	10	26	36	25

x — clinched playoff berth.
Sunday's results
Fort Lauderdale 2 Edmonton 2
Minnesota 1 San Antonio 1
End of Regular Season
Saturday's results
Atlanta 1 Puerto Rico 1
Tampa Bay 0 Carolina 0

SPAIN

La Liga — Monday's results
Sevilla 2 Deportivo La Coruna 0
Real Madrid 2 Rayo Vallecano 0

Horoscopes

♈ Aries
March 21 - April 20
Keep things in perspective and resist the urge to get emotional today. Partnership issues may be challenging but they are not half as bad as they seem. Everything will work out for the best in the end.

♉ Taurus
April 21 - May 21
Put your affairs in order today. The more you do now, the less you will have to do towards the end of the week and that means you will have more time for what you really enjoy. Make the effort.

♊ Gemini
May 22 - June 21
Saturn remains in the most dynamic area of your chart only until Oct. 5, so if there are things you still need to do, get on with them now. Don't look back one day and regret what might have been.

♋ Cancer
June 22 - July 23
Times may be tough in more ways than one but the long-term prognosis is extremely good, so cheer up. Today you should patch up your differences with a relative or friend. You still have so much in common.

♌ Leo
July 24 - Aug. 23
A brilliant idea will take hold in your mind today, the kind of idea that could transform your existence on every level. Don't let it get away from you. Find ways to act on it straight away.

♍ Virgo
Aug. 24 - Sept. 23
You need to admit, if only to yourself, that the reason something has gone wrong is because your methods were impractical. You should have recognized that fact before but better late than never. Now, do it right.

♎ Libra
Sept. 24 - Oct. 23
You must not let anyone or anything divert you from the important task you have set yourself. Some say Libra is the most indecisive of all the signs. Now is your chance to prove the critics and doubters wrong.

♏ Scorpio
Oct. 24 - Nov. 22
It is a complete waste of time worrying about things over which you have no control. Focus your mind on good thoughts only today and you may be surprised just how many of your dreams start coming true.

♐ Sagittarius
Nov. 23 - Dec. 21
You have been trying too hard to get along with someone at work. The more you try to impress them, the more they make life difficult for you. Give up on it. They are not worthy of your friendship.

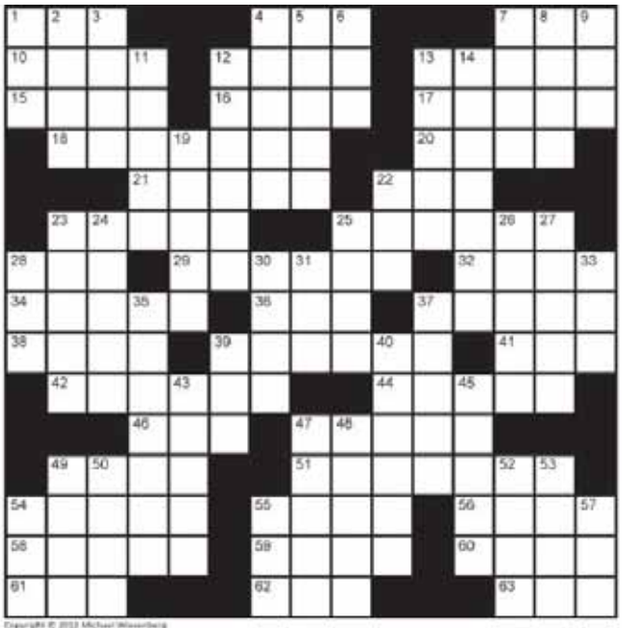
♑ Capricorn
Dec. 22 - Jan. 20
Over the past few months, you have put a lot of effort into your work and now the rewards are coming at you from all directions. Don't let anyone tell you that you do not deserve it. You do.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever life throws at you over the next few days, you will find ways to deal with it. In fact, by the time the moon is full on the Sept. 30, you will be operating on a higher level. Nothing can faze you.

♓ Pisces
Feb. 20 - March 20
You need to make some kind of commitment, one that will tie you down to pursuing a specific aim for the next six months or so. Yes, it's good to be free but freedom needs to be earned like everything else.
SALLY BROMPTON

Solver's Delight

BY MICHAEL WIESENBERG



Across

1. Tampa's state: abbr.
4. *Dracula* creature
7. ___ constrictor: python relative
10. The Kinks' biggest hit
12. Melange
13. Dry heat bath
15. One with a computer
16. Curve
17. 43,560-square-foot units
18. Symbol of regal power
20. Ardent admirers
21. Egyptians and Iraqis
22. Bill's "excellent adventure" partner
23. Correct, as a stitch
25. Conservative Party
28. Nickname for someone from Houston or Dallas
29. Expensive dark-brown furs
32. Andy's 1950s radio partner
34. Not according to plan
36. Cherry tree chopper
37. Be affected at night by a blocked airway
38. Toronto-based "Tom Sawyer" group
39. Part of PEI
41. Golf stand
42. Calgary's NHL team, familiarly
44. Go into
46. "___ the season to be jolly"
47. ___ Carlo: Monaco's capital
49. Marching musicians
51. Where to find 12-Down
54. Sea squalls
55. Fly like eagles
56. Identical
58. Computer warning
59. Great Lake
60. Let out
61. Gender
62. Part of kph or mph
63. Consumed

Down

1. Ague cousin
2. Defeat
3. Sir ___ Guinness of film
4. Book jacket advertisement
5. Buenos ___, Argentina
6. 2,000 pounds
7. Combust
8. Singles
9. Small batteries
11. Geometric computations
12. Parliament's home
13. Toronto-born *60 Minutes* regular Morley
14. Early French Canadian
19. Activate, as an elevator button
22. How-___: instruction manuals
23. Uncle ___: Joel Chandler Harris character who told stories about Brer Rabbit, Brer Fox, etc.
24. Have real being
25. MTV viewer
26. Overact
27. In more pain
28. Asphalt
30. Nanaimo ___: distinctive Canadian treats
31. 61 in Roman numerals
33. Observe
35. Montreal-born *Star Trek* star William
37. *I ___ Letter to My Love:* Melissa Manchester's romantic musical (2 wds.)
39. Abbr. at the end of a letter signalling a second afterthought
40. Shopping ___: mall
43. In the ___ of: among
45. To the point
47. Roger ___: Bond player
48. Sign seen during broadcasting outside a broadcasting studio (2 wds.)
49. Christian of the *Dark Knight* series
50. Ontario-born *Jeopardy!* host Trebek
52. Simon and Garfunkel's "___ Rock" (3 wds.)
53. Bypass
54. Alberta export
55. End-of-summer mo.
57. Quebec summer

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		7	8		9	4		5
		4	3		7	9		
	3						6	
			4		2			
4								8
			6		3			
	4						8	
		9	5		4	1		
5		6	1		8	2		3

Yesterday's Sudoku

1	2	7	9	5	6	4	8	3
6	8	3	1	2	4	9	7	5
5	9	4	7	3	8	1	2	6
9	5	8	2	4	1	3	6	7
4	6	2	5	7	3	8	1	9
3	7	1	6	8	9	5	4	2
2	3	6	4	1	5	7	9	8
8	4	9	3	6	7	2	5	1
7	1	5	8	9	2	6	3	4

OTTAWA GOLD

Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

WE PROMISE YOU...

The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at www.OttawaGold.ca

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	$1,648.74/coin
9999 Canada Maple leaf, less than 1 ounce	$53.01/g
24k Jewellery	$40.52/g
22k	$37.12/g
E. Indian/Nuggets	$32.91/g
18k	$30.39/g
14k and dental	$23.63/g
10k	$16.86/g
9k	$15.20/g
8k/antique gold	$10.13/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	$1,588.31
Gold 10 ounce (Recognized)	$15,796.81
Gold 1kg (Recognized)	$50,786.74
Gold bars, less than 1 ounce (Recognized)	$50.79/g
999 Gold bar (Unrecognized)	$49.41/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	$31.79/coin

Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	$0.65/g
Stamped Sterling Silver Jewellery	$ 0.62/g
Mexican Silver stamped 925	$0.53/g
Stamped 800 Silver	$0.51/g
Unstamped scrap silver	$0.34/g
Other silver coins	$0.70/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-09-24, 17:35:05 PM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: $4,572.40

Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: $260.14

Example Purchase 3:

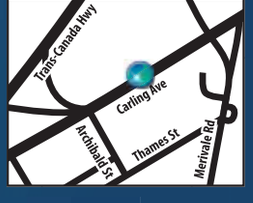
Purity: 14k • Weight: 183.30g

PRICE: $4,331.38

613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



www.ottawagold.ca